

Good Things

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& Travel Magazine

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TRAVEL CONTENT!

ISSUE ELEVEN
JUNE
2015
£4.99

Dining out • Entertaining at home • Travel & culture

Perfect Picnics

The best alternative picnic recipes

Guest Edited by
Latium's Maurizio Morelli

Global eats
on your
doorstep

Top air mile-saving
restaurants



60

RECIPES FROM TOP CHEFS
INCLUDING
Alfred Prasad, Cláudio
Cardoso, Dan Doherty
& Martin Morales



Summer Rolls with Nuoc Cham



Blissful
UK Spa
Breaks

From St. Petersburg to the Swedish Lakes

The best places to cool down this summer

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FRANCE

JUNE HIGHLIGHTS

42

DINING EXPERIENCES

Holiday season is here, but not everyone's leaving the country. If you're staying put this summer, take advantage of the capitals' diverse restaurant scene to explore the world through food. In 'World Bites without the Flights', Nicky Clarke suggests the best places to try flavours from far further afield.

70

ENTERTAINING

This month is the beginning of prime picnic season, and so it's high time to pack up a hamper and head for the great outdoors. Whether your spread is destined for garden, park, or seaside - make it memorable for all the right reasons with the perfectly portable recipes Zoe Perrett gathered from some of our favourite chefs.

128

TRAVEL & CULTURE

Some like it hot; others, not so much. For those who seek solace in the shade, Eleanor Ross's suggestions of countries where the climate is as cool as the local culture will be welcome. In 'Where in the World to Cool Down', she showcases a quartet of surprising destinations with much to offer summer visitors.

150

DINING GUIDE

With so many options available for any eating-out occasion, it can be impossible to choose the perfect venue. Our countrywide restaurant guide eliminates indecision; featuring a capsule collection of destination dining rooms to suit any circumstances, whether it's exciting global feast or a Michelin-starred meal that's the order of the day.

GUEST EDITOR'S LETTER

MAURIZIO MORELLI



Welcome to the June issue of *Good Things*! I was honoured to be invited to be Guest Editor for this issue thanks to a nomination from May's Guest Editor - my friend, and L'Anima's Head Chef, Lello Favuzzi.

This month, we officially enter summer and our features reflect this time of escapism. We'll be taking you on a bicycle taste tour of the world with a man who travelled through twenty six countries in search of local recipes; jetting to Finland to fill your plate with tales of Finnish delicacies; as well as enjoying a taste of India as we discover the Himalayas' abundant beauty.

On that travel theme, I recommended team *Good Things* take their tastebuds to both Greece, with a visit to London's Opso, and to Italy via Briciole, my own authentic neighbourhood trattoria.

In this issue we'll also be putting food photography under the lens with the characters behind some of Instagram's most-followed food-led accounts.

For me, June inspires a hunger for the colourful with wild berries, broad beans, rhubarb, succulent cherries, and vibrant gooseberries. All these seasonal ingredients will make it onto the menu at Latium; my London restaurant.

Evolution is essential and trends are changing all the time. We hope this issue informs and inspires you to bring them into your home kitchen this month.

Enjoy the issue!
Maurizio Morelli

In this EDITION



16

HOUSE

12 ALL THE GOOD THINGS

What's now, new and next in the world of gastronomy – everything we're loving and hotly anticipating

16 FOOD CHAIN

Good Things' Guest Editor Maurizio Morelli on the flavours that excite him and why he's nominating fellow chef Michele Nargi to Guest Edit our July issue

147 RECIPE INDEX

An at-a-glance guide to every delicious dish in the magazine



30

DINING EXPERIENCES

22 ANATOMY OF A DISH

Douglas Blyde dissects Guest Editor Maurizio Morelli's signature dish, one delicious morsel at a time

24 THE GUEST EDIT - BRICIOLE

Guest Editor Maurizio Morelli sent Andre Jackson to check out his very own neighbourhood trattoria, Briciole

26 TEAM FAVOURITES: OPSO

Our Guest Editor Maurizio Morelli told us he loved eating at Opso – so Andre Jackson booked a table

28 NEW OPENINGS

Team Good Things explores the hot new restaurants that will soon become old favourites

30 MY LIFE ON A PLATE – TOM PERKINS

Zoe Perrett hitchhikes a ride with *Spices & Spandex* author Tom Perkins, who rode his bike across twenty six countries, collecting recipes and friends en route

34 DESERT ISLAND DISHES – SEAN MATHIAS

The theatre director leaves behind his illustrious career to talk Douglas Blyde through his desert island must-haves



58

38 #EPICPHOTO

In an age where it's almost mandatory to click a picture before you take a bite, Chris Keeling meets some of Instagram's most notorious food photographers

42 WORLD BITES WITHOUT THE FLIGHTS

If your holiday is a while away, Nicky Clarke exposes where to taste the flavours of the world without leaving London

46 COMMITTING CHEFS TO CANVAS

Over the course of her career, Henrietta Graham has painted portraits of innumerable chefs. Douglas Blyde pens his own impressions of the artist

50 FAMILY VALUES

Ahead of Father's Day, Thomas Hobbs discovers an East London food business that has held family values dear for generations

ENTERTAINING

56 TASTEFUL TRENDS: AN APPETITE FOR HEALTHY EATING

Safrina Nishad's cheat sheet on a key culinary trend, how it's being adopted in the food world, and how to bring it into your home kitchen

57 A HEALTHY APPETITE FOR THE STINKING ROSE

Eleanor Ross says that garlic breath is a small price to pay to gain from the health and beauty benefits of the allium. Top chefs agree and explain how to add more to your diet

58 SPICE AND ALL THINGS NICE: CARDAMOM

Green cardamom's fragrant, cleansing perfume is warmly welcomed on hot summer days. Zoe Perrett traces the spice's roots

60 WHAT THE FORK? SHIVI RAMOUTAR

The Modern Caribbean cook tells Zoe Perrett why an acid-etched grater is irreplaceable in her kitchen



101

62 TESTING, TESTING

Getting ready for Russia Day on 12th June, Thomas Hobbs rushes to try the country's finest fare

64 WORTH ITS SALT – PERU

Peruvian cuisine is taking off but is yet to enter most British home kitchens. Kavita Favelle says that Gastón Acurio's gastronomic exploration will change the game

66 COOKERY CLASS REVIEW – EAT LIKE A LOCAL: MOROCCO

A day course at Cooks at Carlton School of Food transports Kavita Favelle to a bustling souk - and teaches her some great new skills

68 A TASTE FOR TAMARIND

Kavita Favelle meets a fruity, tart ingredient with the potential to add edible excitement to all sorts of dishes

70 HOME DINING DAY – PACK UP, LET'S PICNIC

It's your duty to plan a summer picnic or few. Zoe Perrett shares the where and the how, along with a hamper's-worth of recipes from noteworthy chefs

74 HOME DINING NIGHT – IMPRESSIVE IFTAR

When darkness falls after long days of Ramadan fasting, sumptuous Iftar spreads hit the table. Zoe Perrett gathers memories and festive recipes

79 HOW TO HOLD YOUR OWN AT THE DINNER TABLE: RAMADAN

Ramadan rituals and rules can be complex to understand. Zoe Perrett sheds some light in this topical tableside primer

80 LIFE, TIMES AND TASTE – FROM THE GARDEN TO THE TABLE

In this issue's episode of Anjula Devi's food-led life story, the cookery teacher talks home-grown produce and why she has so much respect for the humble spud

82 FATHER'S DAY, THE CHEFS' WAY

Eliza Welsford asks male Leith's graduates how they balance family life with career – and what they'll be cooking with their kids this Father's Day

86 A CUT ABOVE THE REST

Safrina Nishad turns factory girl to cast a steely eye over Victorinox knives – and discovers that they more than make the cut in the kitchen

88 TIS THE SEASON TO BE SOCIAL

What's on your calendar this summer? Nick Harman casts his insider's eye over where to go and what to sip as you soak up the season

90 SHERRY IN THE SUNSHINE

We raise a glass of sherry to the British summertime, ignoring the raised eyebrows of those sceptical of the fortified wine's virtues

94 BUFFALO STANCE

Bourbon - the quintessential American alcoholic drink and the one with the longest tradition. Nick Harman takes a sip of its history and meets one of its finest expressions

TRAVEL & CULTURE

101 UP, UP, AND AWAY

All the latest flight news – this month, the spotlight is on hot new airline routes and deals to Madeira, New York, and Mykonos

102 WORLD HOTELS: WHAT'S HIP AND WHAT'S HAPPENING

Are you a keen gourmet globetrotter? We offer advice on where to go right now - and explain why you should do so

106 PARADISE, FOUND

Through a series of stunning photographs and a few well-chosen words, we reveal the true beauty of the Philippines

112 RICH, RARE, REFINED: MEET THE WORLD'S FINEST CACAOS

Over the next six issues, we embark on an exploration of cacao's complex journey from tree to bar, meeting examples from some of the world's finest estates

114 FINLAND: THE WHITE NIGHT RISES

During a day of 24-hour sunlight, Heidi Fuller-Love roams Finland to partake in off-the-wall activities and try everything she can fit on her plate



106

118 HEALTHY HEALING – THE UK'S BEST SPA RESTAURANTS

Andre Jackson has visited some of Britain's most luxurious spas – and explains that great food is often part of a holistic approach to healthy living

122 THE AMERICAN SOUTH – A ROAD TRIP ALONG THE SOUTHERN STATELINES

Driving from Louisiana's swampy bayous to New Mexico's towering buttes, Eleanor Ross explores the changing cultures in America's southern states

128 ESCAPING THE SUMMER SUN: ST. PETERSBURG TO SWEDEN

Eleanor Ross has been around the world and she can't find any better places for those who can't stand the heat than these four destinations

132 MIND YOUR MANNERS – GERMAN CUISINE

Douglas Blyde is a mannerly man; certainly the chap to chat to if you wish to learn which craft beer should accompany your bratwurst

135 HIMALAYAN HIKING – INDIA FROM A BIRD'S EYE VIEW

In the fifth of a twelve-part series on India's regions, Finlay Middleton discovers frozen lakes and abundant natural beauty in the Himalayas

142 THE GOOD THINGS GUIDE TO FOOD IN ALMERIA AND MURCIA

Kavita Favelle highlights some lesser-known must-tries in our ultimate guide to the specialities of these Spanish neighbours

DINING DIRECTORY

150 DINING DIRECTORY

Good Things has scoured the country to bring you a definitive edit of diverse venues across the length and breadth of Britain

157 NO SOFT OPTION

Soft drinks aren't only for children. One British company is creating all-natural, fruity tipples with real adult appeal, and not a hint of alcohol

158 THE COLLECTION

Our latest lust list – all the luxury foodie finds we're sure you'll want to welcome into your kitchens this month

162 COMPETITIONS

Sometimes you can get something for nothing. We're offering you the chance to win some wonderful edibles experiences this month

Good Things FEATURING

GUEST EDITOR



MAURIZIO MORELLI

Last issue, Guest Editor Antonio Favuzzi nominated Maurizio to fill his shoes this month. Latium's Chef-Patron immediately invited us in for dinner, then took a seat with us at the inaugural Good Things supperclub. In Food Chain, he nominates friend and fellow chef Michele Nargi of Shoreditch House to Guest Edit our summer special next month.



GASTÓN ACURIO

The Peruvian chef and restaurateur is widely-regarded as a culinary authority on the country's gastronomy. In this issue, we relish every word of his comprehensive new cooking bible.



LEYLA KAZIM

As she travels the world, journalist Leyla Kazim uses Instagram as a platform for her stunning food-led images. We found out how and why the site is proving so instrumental to her adventure.



HENRIETTA GRAHAM

If a chef is a household name, it's likely this talented painter has captured their likeness in one of her exceptional portraits. We met the artist to delve deep into a rather illustrious career.



MARTIN MORALES

The founder of Ceviche and Andina knows a few things about creating small bites that will prove big crowd pleasers. In our picnic feature, he introduces Peru's answer to the Scotch egg.



LANCE FORMAN

In 1905, Harry Forman founded East London smokery H. Forman & Son. Over a century later, we met his great grandson, Lance – a man dedicated to keeping things in the family.



MIRA MANEK

The yoga-practising, clean-eating author of Green Daal Stories makes Gujarati classics super-healthy. Get a taste for good living, Mira-style with her cardamom-laced, deliciously nutritious recipe.



RICHARD BIGG

In our piece in praise of sherry's virtues as a summertime tippie, we toast to Camino group MD Richard's insight, and elicit his recipe for a refreshing sherry-based cocktail to sip in the sun.



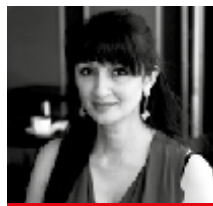
TOM PERKINS

We think that travelling for good food is a very 'good thing' – but Tom took it to the next level, travelling 20,000km in 501 days...by bicycle. He talks about his 'tour de taste' - the trip that changed his life.



SHIVI RAMOUTAR

Trinidad-born Shivi is bringing modern Caribbean food – and a good dose of sunshine – to the UK through pop-ups and her forthcoming cookbook. She introduces her favourite kitchen tool.



SUMAYYA USMANI

Food writer and cookery teacher Sumayya's mission is to reveal authentic Pakistani cuisine to the mainstream. Ahead of her first cookbook, she shares Ramadan memories and a festive recipe.

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Good Things

MEET THE TEAM

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All the GOOD THINGS

This June, take to the outdoors - essential inspiration on what to eat, cook and do this month



< COLOUR OF THE MONTH

Hopefully we'll see much to match Pantone's Blazing **Yellow 12-0643 TPX** in June. We've optimistically selected this seasonal shade for the month which heralds summer solstice, the start of holiday season, and, all digits crossed, much sunshine. **Shop:** Saffron **Cook:** Seafood-laden paella **Indulge:** Fresh mangoes **Give:** Sunflowers **Sip:** Just-squeezed lemonade **Sip** Watermelon daiquiri



JUNE GARDENING TIPS FOR GREEN-FINGERED GOURMETS

Jo Jo Yee, *The Big Allotment Challenge* finalist and founder of food-and-gardening blog *Fusian Living* (fusianliving.com), says...

DO: Grow your own watercress from shop-bought salad bags. Remove lower leaves of stems and place in a glass of water. When roots appear, plant into a pot of compost, then place in a larger water-filled container to keep soil permanently wet. Replace the water regularly.
EAT: Healthy watercress is traditionally used in Chinese pork and watercress soup
DO: If buying celery seedlings to plant out this month, choose a self-blanching variety you won't have to earth up. Grow carrots with spring onions to deter carrot fly.
EAT: Using a Julienne peeler, shred celery and carrots and toss with

coriander and spring onions in a dressing of fish sauce, lime juice, and minced garlic.
DO: Short of space? Grow 'Little Gem Pearl' lettuce in containers for compact, crisp heads
EAT: Fill lettuce cups with fried minced pork & fragrant herbs for Chinese style 'Sang Choy Bau'.
DO: Sow radishes and cut-and-come-again salad leaves every three weeks for a continuous supply. Throw colourful Swiss chard and peppery rocket and mizuna into the mix.
EAT: Pick young leaves for summer salads, and mix with sliced radishes, lemon juice, olive oil, and capers.

A FATHER'S DAY FEAST

- Tom Perkin's Piri-piri prawns
- Louisiana chicken wings
- Alfred Prasad's Paneer, pepper and pineapple kababs
- Martin Morales' Creole eggs
- Shivi Ramoutar's Roasted coconut and cucumber salad
- Claudiá Cardoso's heritage carrot and asparagus sevice
- Gastón Acurio's Stuffed candied lemons
- ...and a tall, cold jug of Richard Bigg's Rebujito

Embrace the summer sun and enjoy a plate on a bright and breezy terrace this June



TEAM GOOD THINGS' BEST SEASIDE SNACKS

ZOE PERRETT FEATURES EDITOR

A polystyrene tub of mixed seafood (including surimi crab sticks), eaten whilst meandering along a pier

ELEANOR ROSS TRAVEL EDITOR

Frozen grapes plucked straight from the freezer and taken with me onto the sand!

DOUGLAS BLYDE WRITER & DRINKS EXPERT

Mr. Whippy clasped in a wafer 'oyster' in Blighty; choc-dipped churros in Iberia; and a tall glass of emerald-green mint granita in Italy

SAFRINA NISHAD WEB EDITOR

Squid with garlic and butter, or fried prawns – as served from beach shacks in Goa



✓ WHERE TO DINE WITH DAD THIS FATHER'S DAY



THE ALE AFICIONADO

- The Wildcard Brewery, London wildcardbrewery.co.uk
- Bundobust, Leeds bundobust.com
- Urban Tap House, Cardiff urbantaphouse.co.uk



THE WHISKY-AND-FINE- DINING FIEND

- Michael Neave Kitchen & Whisky Bar, Edinburgh michaelneave.co.uk
- Moti Mahal, London motimahall-uk.com
- The Fisherman's Retreat, Lancashire fishermansretreat.com



THE SPICE-SEEKER

- Curry Leaf Cafe, Brighton curryleafcafe.com
- Assado, London assado.co.uk
- The Thali Café, Bristol thethalicafe.co.uk



THE TRADITIONALIST

- The Jugged Hare, London thejuggedhare.com
- The Crown at Woodbridge, Suffolk thecrownatwoodbridge.co.uk
- The Highwayman, Kirkby Lonsdale highwaymaninn.co.uk



THE GLOBAL GRAZER

- Sunday (up)Market, London sundayupmarket.co.uk
- Trinity Kitchen, Leeds trinityleeds.com
- Oxted Food & Drink Festival, Surrey oxtedfoodfestival.com

Good Things WHAT'S ON THIS MONTH						
SUN	MON	TUES	WEDS	THURS	FRI	SAT
	01	02	03	04	05	06
		5-7th June: Cherry Festival, Palombara Sabina, Italy			5-7th June: Monterey Wine Festival, California, USA	
07	08	09	10	11	12	13
				12-14th June: Cheltenham Food & Drink Festival, Cheltenham		
14	15	16	17	18	19	20
		12-14th June: Crail Food Festival, Scotland		17th-21st June: Taste of London, London		20th June: Scandinavian Midsummer Feast, London
21	22	23	24	25	26	27
		25-28th June: Beerfest Asia 2015, Singapore			26-28th June: Truffle Kerfuffle, Manjimup, Australia	
28	29	30				
	29th June: Battle of the Wines, La Rioja, Spain					



5 LONG-HAUL HOLIDAYS FOR THIS TIME NEXT YEAR

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GOOD THINGS FOOD CHAIN
**MAURIZIO
MORELLI**

Our seventh Guest Editor **Maurizio Morelli** talks to **Zoe Perrett** about why life is never too short to stuff pasta and why he admires chef Michele Nargi



A common background is often the foundation of an enduring friendship. Such is the case with Good Things' Guest Editor Maurizio Morelli and his longtime friend Michele Nargi, who heads up the kitchen at East London private member's club Shoreditch House. As Maurizio explains, the two men share passions that extend beyond food – although the conversation, as ever with chefs, always comes back to matters edible...

**MAURIZIO ON MICHELE NARGI,
HEAD CHEF AT SHOREDITCH HOUSE**

I met Michele Nargi twelve years ago, when he was working as head chef at Zafferano, London. He still visits me often at Latium, and, on the rare occasions we both find ourselves off work at the same time, we share a few drinks or a football game.

We come from the same area in Italy, and, aside from sport, we have much to talk about concerning food. I admire Michele's unrivalled passion for authentic, seasonal Italian ingredients, and his drive to celebrate his culinary

roots - which always come through in the dishes he creates. His food is original yet very typically Mediterranean; using a light touch with butter and cream.

Michele understands how ingredients work and can make the best dishes and recipes out of anything; but will only ever use the best. He's an excellent chef, and extremely reliable. Although he's exceptionally talented and creative, this chef is understated - and certainly underestimated. He keeps a firm eye on everything occurring in the restaurant business, sharing the slight 'control freak' tendencies of many chefs, and is absolutely the man to go to for any industry gossip.

My favourite dish of Michele's is his artichoke tortelli, burrata and anchovies. As a fan of filled pasta (I have my own dedicated ravioli menu at Latium!), I found this dish a delight – and the flavours perfectly balanced. The pumpkin gnocchi recipe I've shared with Good Things is inspired by Michele's ethos of making and presenting a classic in a very elegant, simple, and

“Michele Nargi is an excellent and reliable chef and is absolutely the man to go to for any industry gossip!”



MAURIZIO'S TOP 5 INTERNATIONAL DINING DESTINATIONS

- Imago at the Hassler hotel, Rome
- Sortie, Istanbul
- Rockpool, Sidney
- La Rei restaurant II
Boscareto resort (Serralunga d'Alba)
- Abac, Barcelona

“Michele understands how ingredients work and can make the best dishes and recipes out of anything - but [he] will only ever use the best”

MAURIZIO MORELLI



MAURIZIO'S TOP 5 DINING DESTINATIONS

When he's in the mood for some fine food, these are Maurizio's favourite restaurants:

- 01 Opso opso.co.uk
- 02 Briciole briciole.co.uk
- 03 Dinings dinings.co.uk
- 04 L'Anima lanima.co.uk
- 05 Brawn brawn.co



RECIPE

MAURIZIO MORELLI'S PUMPKIN GNOCCHI

• SERVES: 5

INGREDIENTS

- 2.5kg peeled, deseeded pumpkin (to yield 500g pumpkin purée), sliced
- salt and pepper, to taste
- 200g flour
- 75g ricotta
- 110g Parmigiano Reggiano, grated
- 1 egg
- nutmeg, to taste

TO DRESS:

- large knob of butter
- ½ a bunch of fresh sage
- grated Parmigiano Reggiano, to taste

TO SERVE:

- a few amaretti biscuits
- fried sage leaves

METHOD

Preheat the oven to 150C. Put the pumpkin in a tray, season with salt and pepper, and cook in the oven until soft. Mash it and tie it in a cheesecloth, and hang it somewhere convenient, so that the purée thickens and loses all the excess liquid.

Turn into a bowl and add flour, ricotta, Parmigiano Reggiano, egg, and a little nutmeg, and bring together to form a dough. Working in batches, roll out on a lightly-floured surface and cut into small square pieces. Meanwhile, bring a large pan of well-salted water to the boil. When boiling, add the gnocchi and cook until they rise to the surface.

Meanwhile, set a large pan over a medium heat and melt most of the butter. Add most of the sage leaves. Using a slotted spoon, remove the cooked gnocchi from the water and add them to the butter and sage, tossing to coat. Remove from the heat, toss with some Parmigiano Reggiano and plate. Return the pan to the heat, melt the remaining butter, add remaining sage leaves, and cook until both are browned. Pour onto the gnocchi and serve, garnished with crushed amaretti biscuits and a few fried sage leaves.

• Recipes courtesy of Maurizio Morelli, Chef-Patron at Latium latiumrestaurant.com



RECIPE

MICHELE'S GNOCCHI, BROAD BEANS & ARTICHOKEs

• SERVES: 4

INGREDIENTS

FOR THE GNOCCHI:

- 600g medium Desiree potatoes
- 2 egg yolks
- 1 whole egg
- 1 tsp salt
- ¼ tsp ground nutmeg
- 125g 00 flour

FOR THE DISH:

- 80g guanciale, thinly sliced
- 3 spiny artichokes, trimmed, cored, and chopped
- 2 cloves garlic, finely chopped
- black pepper, to taste
- 100ml white wine
- 80g fresh broad beans, podded
- 600g cooked potato gnocchi (see recipe)
- fresh mint leaves
- 30g pecorino, grated

METHOD

For the gnocchi, preheat the oven to 180C. Lay the potatoes over a bed of rock salt and bake for 90 minutes. Remove from the oven, remove skins, and pass through a *mouli* (or mash until very smooth).

In a large, deep bowl, mix with the remaining ingredients except the flour, and then slowly incorporate the flour to form a dough. Roll into strips and cut into small dumplings. Meanwhile, bring a large pan of salted water to the boil. Add the dumplings and boil for 2 minutes.

For the dish, heat a large frying pan over medium heat and cook the guanciale until golden brown. Add the chopped artichokes, cook for 2 minutes, then add the garlic and pepper. Sprinkle in the white wine, and add the broad beans, cooked gnocchi, mint leaves, and pecorino. Adjust seasoning and serve, garnished with a crispy slice of guanciale and more grated pecorino.

• Recipe courtesy of Michele Nargi shoreditchhouse.com



Savouring Shoreditch House

East London members' club Shoreditch House has artfully-distressed, classic English-eccentric-meets-modern-aesthete design down to a tee. With a rooftop pool and gym added to its not-insubstantial edible and quaffable attractions, the venue is held in high repute.

Michele Nargi's capable cuisine only adds to the Shoreditch House experience, focusing on Chicago-by-way-of-Italy fare, with heavy emphasis on showcasing seasonal produce. To check out the chef at his best, look beyond the plethora of fresh juices, breezy brunches, and afternoon teas variously available throughout the day, and plump instead for creative plates from the all-day a la carte, served up along with the views on the Rooftop Terrace.


Alternatively slip down to the Fifth Floor at lunch or dinnertime, and bolster small snackerels like bresaola, rocket and goat's cheese and cured seafood from the Ice Bar with something Italian-accented and more substantial; aubergine, ricotta, and basil pizza, perhaps, or sea bream, lentils and salsa verde. Those in need of edible succour, meanwhile, will no doubt crave the comfort of a club sandwich or a bowl of mac'n'cheese. According to your order, dessert may stick to the ribs, soothe, or simply provide a nimble, suitably sweet finale; or indeed, in the case of jam-laced rice pudding, do all three.

But, before you turn up with an empty stomach and high expectations, take note; dining at either the Fifth Floor or Rooftop is the exclusive preserve of Shoreditch House members. If you are not amongst their privileged number, you may request an invite to dine from someone who is in possession of club membership.

shoreditchhouse.com

modern way, whilst keeping the traditional dish's flavours - and crucially, its heart - intact.

MAURIZIO'S NEXT MOVES...

After twelve years, Latium continues to offer a haven of authentic Italian food and hospitality to knowledgeable food-lovers jaded by Oxford Street's tourist traps - and this year, Maurizio's planning a 'big, exciting refurbishment'. He'll also be devoting time and attention to Briciole (briciole.co.uk) - his wonderfully homely, informal neighbourhood deli/eaterie in Marylebone. 



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Good Things Dining Experiences



We're embracing culture this month as we profile painter of the great and good of food, Henrietta Graham, and theatre director Sean Mathias outlines his desert island essentials. We also speak to a man whose cookbook chronicles discoveries from a worldwide cycle ride; and we meet the third-generation custodian of a London food institution. Don't miss our waistline and eye widening guide to London's best global eats; and our deconstruction of Guest Editor Maurizio Morelli's signature dish.



22 ANATOMY OF A DISH

Our Guest Editor Maurizio Morelli cooks his signature dish for discerning gastronome Douglas Blyde, who explores each element in turn

24 THE GUEST EDIT - BRICIOLE

When Andre Jackson learned that our Guest Editor Maurizio Morelli has his own neighbourhood trattoria in Mayfair, he booked in to check it out

26 TEAM FAVOURITES: OPSO

We're not averse to great Greek food, but it can be hard to come by. Following a tip from Guest Editor Maurizio Morelli, Andre Jackson headed for Opso

28 NEW OPENINGS

Dithering over where to dine this month? Let Team Good Things suggest the best new tables to try

30 MY LIFE ON A PLATE - TOM PERKINS

Travelling 20,000 kilometres on two wheels taught Tom Perkins an infinite amount about culture and cuisine across the world. Zoe Perrett hears how he collected recipes and friends en route

34 DESERT ISLAND DISHES - SEAN MATHIAS

Noted theatre director Sean talks to Douglas Blyde about the gastronomic essentials he'd need on a desert island

38 #EPICPHOTO

Achieving #Instafame for your food pictures is all well and good - but how does it impact everyday life? Chris Keeling talks to some of Instagram's hottest foodies to find out

42 WORLD BITES WITHOUT THE FLIGHTS

London's diverse food scene means you don't need a boarding pass to taste the flavours of the world. Restaurant-hopper Nicky Clarke opens his little black book

46 COMMITTING CHEFS TO CANVAS

A cook's food is their art - but one painter has spent years crafting intricate portraits of some of the world's greatest chefs. Douglas Blyde meets Henrietta Graham

50 FAMILY VALUES

With so many British start-up food businesses, it's easy to lose sight of those who've been in the game for generations. Thomas Hobbs celebrates a venture that's over a century old



EAT WHAT YOU'VE EYED

The dish is included within Latium's three-course set menu, priced at £35.50

Latium, 21 Berners Street,
London W1T 3LP
0207 323 3205
latiumrestaurant.com

OLIVE OIL

'I finish the dish with extra virgin olive oil from an agriturismo in Latina, a small village perched on the hills south of Rome.'

BUTTON ONIONS

'Peeled, blanched, then roasted with garlic, thyme and olive oil, and caster sugar.'

I feel lucky because I've never lost my passion for cooking,' says Morelli as he peers into a simmering vat of veal stock in his kitchen. I notice the walls are painted blazing red which he finds 'calming'. Although best-known for his ravioli menus, Morelli prefers to show me this hearty offering, which he first made in January this year. 'Most of the time stews are indistinct in appearance, but here it's clearer.' He dexterously cuts then layers the beef cheek on the plate. 'I slice it to show the gelatinous line in the middle, which is almost like the filling of a cake.' To offset the major protein, Morelli explains that there are three different acidities, 'from the saffron, the wine, and the liquorice.' This contrasts the sweetness of the caramelised onions.

OVAL PLATE

The oval plate 'is more usually associated with fish, but I think it's pretty and brings a sense of elegance to the rustic recipe.'

SAFFRON MASH

In season, two quenelles of mash, shaped like the ideal potato, are made from the less-starchy Désirée variety, which has an intense, earthy flavour. 'I even use this potato for gnocchi. This is flavoured with cream, saffron, and a little salt and pepper.'

LIQUORICE

'I love liquorice from Calabria. I never cook with it, but like to use it to finish dishes with a light dusting - like seasoning.'

CUMBRIAN BEEF CHEEKS

'Cleaned, seasoned, and roasted, then covered with red Valpolicella wine and baked for four hours at 150C. As a result, they become meltingly gelatinous. What lucky meat - I'd like to be cooked that way!'

THE SAUCE

'A twenty four-hour reduction of veal stock, more Valpolicella, roast shallots, sage, thyme, rosemary, black pepper and ruby Port. And to think, some chefs might use Knorr...'

Maurizio Morelli's Beef cheek braised in red wine, saffron mashed potato, glazed baby onions

Several espressos through his ten-shots-per-day ritual, Good Things' **Guest Editor Maurizio Morelli** finds a moment to tell **Douglas Blyde** about one of his signature dishes: beef cheek braised in Valpolicella, with saffron-stained mash potato and glazed baby onions.



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THE GUEST EDIT
Written by Andre Jackson Images by Luana Failla



BRICIOLE

Good Things' Guest Editor **Maurizio Morelli** offered Andre Jackson a taste of trattoria fare at his second venue, Briciole. Did it pass muster with our discerning diner?

Finding an affordable Italian restaurant in London that offers genuinely high-quality food has long been a challenge that I've found difficult to overcome. Step forward Briciole. The Marylebone offshoot of more formal West End restaurant Latium is as close to a proper Italian trattoria as you're likely to find in London. Chef Maurizio Morelli and manager Umberto Tosi appear to be the most generous restaurateurs in W1, offering a wonderfully diverse menu, inspired by the Latium region in central western Italy, at prices that belie the quality.

VENUE

The large site on the corner of Crawford Street and Homer Street evidently has a past life as a local pub. Signor Tosi describes the café-deli and restaurant as a 'gastronomia', offering a little something to please all-comers. The front part is furnished with a lemon tree, baskets full of tempting Italian produce, and tables for casual dining. To the rear lies a spacious dining area and private room. While the restaurant does an adequate job of imitating the atmosphere of a restaurant in central Rome, it has clearly saved the true 'wow factor' for what hits the table.

FOOD AND DRINK

A wide-ranging selection of small plates, first-class salami, cheeses, pastas, grills and other mains drawn from all over Italy made ordering fiendishly difficult. So utterly reasonable are the prices that they're guaranteed to make you do a double take. Arancini Siciliani, (£3), Polpette fritte in agrodolce alla Palermitana, (£5), and Prosciutto Umbro (£8) are just a few examples of the small plate selection we tried; a wonderful illustration of how indulging in Italian antipasti can be as enjoyable as taking tapas. Tagliatelle with wild boar ragout (£10) and tagliolini served with artichokes and Roman ewe's cheese (£10) reminded me why I'll never be able to go on a no-carb diet. Couple that food with the extensive selection of Italian wines and desserts like a decadent white chocolate crème brulee (£5), and you have an affordable Italian dining experience to rival any in London. ④

THE Good Things VERDICT

Following the success of his first restaurant Latium, Maurizio Morelli has hit another home run. Briciole is rustic Italian cuisine at its most honest and inviting – truly 'the real deal' in a crowded, oft-disappointing market. Say it quietly however; we don't want the price going up now, do we?

• **AVERAGE COST OF A THREE COURSE MEAL FOR TWO WITH A BOTTLE OF WINE - £90**

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Good Things TEAM FAVOURITE

OPSO

Good Things' Guest Editor Maurizio Morelli recommended a trip to Opso, so **Andre Jackson** went off in search of Greeks bearing gourmet gifts

For such a universally-popular cuisine, there aren't too many high-quality Greek restaurants in London. With the confidently-named juggernaut that is The Real Greek continuing to multiply its presence on the UK high street, there's a touch of irony – and perhaps a challenge – in the fact that Opso has opened directly across the street from the former's Baker Street branch. Apart from location and a preference for sharing dishes, the similarities between the two restaurants similarities are scant. Opso's head chef Stefanos Avdis, who previously ran the kitchen at Princi in Wardour Street, has dared to be innovative and daring with the menu, offering an exciting take on Greek cuisine.

VENUE

Split over two floors, Opso isn't the most overtly-Greek restaurant. Moving away from the identikit feel of other establishments, it feels rather contemporary. The ground floor resembles a high-end kitchen, dominated by a bar and a large semi-communal table with smaller two- and four-person tables dotted around the edges, and a few al fresco tables. The basement has a slightly more industrial feel due to the exposed ceiling ducts. It works as both a light-filled lunch venue and a relaxed spot in which to drink and share platters of snacks of an evening.

FOOD AND DRINK

Opso blends its modern architectural look with a contemporary menu of small plate dishes – *mezédés* – that are 'pimped up' almost beyond recognition. *Taramas* egg roe spread (£5), aka taramasalata, was a world away from those




Average cost
of a meal for
two with six
sharing plates
and a bottle of
wine - £110



tubs of bright-pink sludge sold in supermarkets. Served with crisp olive crackers, the pale, untinged cod roe paste was delicate and fresh. *Fried, Smoked Metsovone Cheese* (£7) was decadent, and paired wonderfully with rhubarb jam made in-house. For a more filling sharing dish, the butter-soft, fifteen-hour slow-cooked lamb shank '*giouvets*' with tomato and lemongrass orzo (£23) falls off the bone, whilst a selection of mini finger food buns including a salmon burger with tomato jam and garlic mayo in a squid ink bun (£6) confirms just how modern Opso's Greek menu really is.

THE VERDICT

Opso (gr. ὀψο) is an Ancient Greek word for a delicacy – a delectable morsel of food, plenty of which you'll find on this unique and intriguing menu. Whilst the venue might not be able to stake a claim as serving staunchly traditional Greek fare, it's certainly presenting a refreshing take on the country's cuisine, offering a glimpse as to how it may evolve in the future. 

10 Paddington Street, London W1 | 020 7487 5088 | opso.co.uk

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01

NEW OPENINGS

Images by
Praza - Jas Sansi

Team Good Things reveals the hot new venues that are guaranteed to swiftly become old favourites

01 CRAFT LONDON

Stevie Parle recently added another restaurant to an expanding list, this time opening the three-storied Craft near to London's Cutty Sark.

Although the project kicked off with a café/roastery last October, the restaurant, cocktail bar and shop opened this spring. True to its name, Craft will roast coffee; smoke fish; and tend to bee-keeping, meat-curing, fermentation of vegetables, and the creation of a contemporary kitchen garden.

An à la carte menu sits alongside an ambitious six-course menu, set lunch menu, and a pre-show 'sixty-minute' menu. Snacks include in-house-cured pepper sausage served with English mustard join cauliflower, carrot and turnip brine pickles with salted yoghurt.

Your impressive main event, meanwhile, might be Galloway beef sirloin with marrowbone bread sauce and lovage liquor, or ash roasted squash, wild herbs, puffed grains, and goat curd. The ingenuity extends to the desserts, too – the cardamom bun ice cream with pepper crumb and raspberry vinegar is a real highlight.

• **Craft London, Peninsula Square, Greenwich, London SE10 0SQ | craft-london.co.uk | T: @craftldn**

02



02 LAS IGUANAS

A little birdie told Good Things that Las Iguanas was bringing sizzling heat and Brazilian beats to the Riviera in Torquay's new dining quarter, Abbey Sands. Latin American food, drink, and music in a vibrant part of town – just some of the things that make us happy, and that have fast made this spot into a local summer hangout.

Sourcing fresh ingredients every day, food is made to order – and made to reflect the diverse mix of Latin American, Indian, Spanish, Portuguese, and African influences that comprise South American culture. Think Tex-Mex classics like *fajitas* and *enchiladas*, Brazilian specialties such as the creamy peanut, lime, and chicken dish, 'xinxim', and steaks 'from the flames';



as well as crowd-pleasing salads, burgers, and an exciting selection of tapas. Separate menus for veggie, vegans, and children are assurance that Las Iguanas can present everyone with a little taste of 'the Latin life'.

The drinks menu is just as extensive as the restaurant's food offer. Apart from the usual, caipirinhas come made with Las Iguanas's own cachaça, made from sugarcane sourced and distilled near Rio de Janeiro in Brazil. A tippie to take you straight to the heart of Latin America.

With a separate bar area screened with reclaimed windows which are thrown open on sunny days, diverse Latin American fare, and those sea views, this is a summer venue worth checking out.

- **Unit 4, Ground Floor, Abbey Crescent, Torquay TQ2 5FB** | iguanas.co.uk | T: @lasiguanas | FB: LasIguanasTorquay

03 BULL IN A CHINA SHOP

Shoreditch's Bull In A China Shop comes from the owners of The Drunken Monkey, a local Chinese dim sum parlour and cocktail bar. With the new venue, the team is raising its amber-filled glasses to the nineteen twenties Chinese settlers of neighbouring Limehouse.

The design references the concept; played out with a collection of medicine bottles and bone china ornaments against a backdrop of textured, whitewashed walls.

The kitchen serves three meals a day, seven days a week; Chef Simon Chan's healthy, contemporary take on classic Chinese dishes referenced in items like Chinese-spiced, whisky-glazed rotisserie chicken, black bamboo charcoal brioche buns from The Dusty Knuckle Bakery, and superfood salads. Early risers can partake of a host of breakfast options, including bao, smoothies, and sweet and savoury congee (rice porridge).

Later in the day, explore the cocktail bar, which lists over thirty carefully-sourced Japanese and Scotch whiskies - including extremely rare limited edition brands like Karuizawa, Akashi and Ichiro. If you prefer your whisky beverages a little longer, house cocktails feature interesting East Asian flavours.



04 PRAZA BY PUSHKAR

Praza is the second Birmingham venue from the team behind Broad Street's award-winning Pushkar. Housed in a Grade II-listed building, the latest opening is a sassy and edgy new addition to Edgbaston's dining scene - not to mention the first restaurant in Birmingham with its own rickshaw.

Trivia aside, the copper-and-black restaurant boasts a decadent Art Deco feel, with the ground floor of the Victorian building dedicated to Praza's cocktail offering and dining the focus of the second floor. Upstairs diners enjoy a seasonal Indian menu, with dishes changing every four months and often featuring game meats such as pigeon and rabbit, or indulgent seafood like lobster.

Praza's cocktail menu also incorporates exciting flavours and ingredients. Restaurant director, Rai Singh, said that the venue's launch party was a huge success, and noted that guests thoroughly enjoyed the food, drinks, and entertainment. He commented, 'We look forward to bringing a sense of fun and glamour to the Edgbaston cocktail and dining scene'; we recommend you get a taste of your own.

- **94-96 Hagley Road, Edgbaston, Birmingham B16 8LU** | praza.co.uk | T: @prazabypushkar | FB: prazabypushkar

If you're looking to impress, opt for the set-price, whisky-paired, three-course evening dining menu which includes a welcome whisky cocktail and a premium whisky, expertly matched to the main course by the bar team.

- **196 Shoreditch High Street, London E1 6JE** | bullinachinashop.london | T: @BullChinaShopE1 | FB: bullchinashop.london

05 ERIC'S FISH & CHIPS

A British summer is not just about barbecues and catching rays between downpours. It's also time for some fresh flavours, and what better than good old fish and chips?

Sitting pretty along the picturesque Norfolk coast, Eric's Fish & Chips blends the nostalgia of the traditional British fish and chip restaurants of the past, with a modern European menu influence.

Freshness and simplicity is the focus, with a 'Best of British' approach to produce. Chips are carved from locally-sourced potatoes; either fried to a glorious dark-gold in beef dripping or local rapeseed oil. Eric's opts only for seasonal, sustainable fish, using beer batter to achieve that iconic British lightness, crunch and flavour.

Smaller portions keep kids content, and vegetarians can delight in dishes like the halloumi and spinach arancini. If 'deep-fried' is not your thing, try Eric's show-stealing grilled mackerel with buttermilk, beetroot and sorrel. A selection of small plates, unique sides, and traditional sauces allow you to turn a seaside treat into a full feast, especially if ordered alongside something from the concise wine list.

Sweet tooth? Baked white chocolate and honeycomb ice cream is a dessert menu fixture, whilst Drove Orchard apple crumble will fill any remaining stomach space.

- **Drove Orchards, Thornham Road, Thornham PE36 6LS** | ericfishandchips.com | T: @ericFandC | FB: ericfishandchips





My Life On A Plate TOM PERKINS

Images by Tom Perkins, Matt Channells, Dan Harrison, James Carnegie

When Zoe Perrett asked Tom Perkins about the greatest lengths he'd gone to source the perfect recipe, the answer was astounding: 20,000 kilometres, taking in 26 countries en route



It started, as so many somewhat ill-advised endeavours do, with a drink. The first tipple taken on the evening the die was cast was probably not to blame, but the too-many that followed were almost certainly the trigger for two men's rather rash decision to leap aboard a pair of flimsy pedal bikes and embark on a danger-laden, logistic-fraught mission to casually ride from their local watering hole to one situated in southern Africa. Along the way, and almost inevitably, food became a focus; as did the documentation of the numerous and diverse rural communities whose hospitality was entirely unexpected and, in many instances, often selflessly proffered. Suffice to say, it was a life-changing escapade for Tom Perkins...

Good Things How did the 'Spices & Spandex' plot go from idle drunk talk to solid itinerary?

TOM PERKINS *Fuelled by bravado (and mild inebriation), I made a throwaway comment that struck a chord with a friend and quickly snowballed. In truth, we never had a solid itinerary, just one simple goal: to load up two bicycles with basic camping and cooking equipment and just start pedalling south; our guiding principal to travel the length of the world in as slow, intimate and exposing a way as possible and, in doing so, immerse ourselves in as many different culinary cultures as could be discovered.*

GT What was the hardest part of planning the logistics of your trip – and did it go to plan in the execution?

TP *With many endeavours, the hardest part is often simply committing to your idea in its entirety and having passion in your conviction. The most important step is just initially saying 'yes'. I was lucky enough to safely achieve everything I set out to do – I couldn't have asked for more.*

GT When was the moment where the full impact of what you'd set out to do hit you?

TP *Perhaps when I was run over for the first time on the journey in Croatia. I had to face the telling reality that I had chosen to put myself in very vulnerable positions on a daily basis. I swiftly learnt the margins for error were very small and the consequences were alarmingly precarious.*

GT You're quick to note the warmth of humanity irrespective of culture; did this sentiment have a large



TOM PERKINS

impact on the way the journey unfolded?

TP *I owe the entire success and enjoyment of the journey to the unreserved generosity of complete strangers. Through tough times and moments of pure joy, this warmth was reassuringly persistent.*

GT Did food become a focus as the trip played out, or was recipe-gathering an intention all along?

TP *I always wanted to develop a project that focused on the things that drive me – photography, telling stories, and, of course, food. I was keen to learn about less-documented societies and cultures, using food as the lens through which I'd magnify that understanding.*

GT Were people willing to share the secrets of their family dishes with you?

TP *Almost without exception. Food is a very evocative medium and we found that people the world over relished the opportunity to teach, inform, share and get excited about the recipes close to their hearts.*

GT How did you overcome the fact that so many communities cook instinctively without scales when rendering recipes useable for the home cook?

TP *In Kenya, I cooked chapattis over a campfire with a wonderful lady, Robista, who measured everything by the palm of her hand, exactly how her mother had taught her. When I asked her what I should do because I had bigger hands, she simply shrugged, 'well, you must learn to do it your own way'. In so many communities, intuition trumps instruction.*

GT It's commonly said that sharing food can break down barriers between vastly different cultures – did you find that to be the case?

TP *The amount of conversations, experiences, and friendships which grew from meals shared with strangers was extraordinary – from falafel with Egyptian Army Officers to beef stroganoff with Albanian farmers; freshly-caught tuna with Tanzanian fisherman to spiced bean stew with Rwandese school cooks. Food is a leveller, a facilitator, and a very powerful way of bringing all walks of life together to give thanks and celebrate community values.*



GT What cooking methods and ingredients did you encounter of your travels that you've adopted into your own cooking?

TP There lies an endless bounty of amazing new flavours from the great Spice Bazaar of Istanbul to the fresh produce markets of Jerusalem to the street vendors of Zanzibar – including my favourites, urfa biber, sumac, za'atar and berbere. One culinary highlight was learning to cook baba ganoush (see recipe) directly on top of the glowing embers of a campfire by a passing Bedouin in the Jordanian desert.

GT Were you able to teach home cooks anything from your own skill set?

TP I had some great experiences cooking for locals and exchanging ideas, but one of my fondest memories was actually a negative reaction when I cooked a rice dish for a Jordanian truck driver and he mockingly told me it was terrible compared to his wife's home cooking.

GT Where did you feel most at home; and, conversely, where were you most uncomfortable?

TP In Khartoum, I met and lived with a Sudanese family. Over the month, they proved the most welcoming, generous people I have ever been lucky enough to meet. Despite a tough existence, they opened up their home unconditionally.



SPICES & SPANDEX: THE COOKBOOK

As the culmination of Tom's long and eventful journey, *Spices & Spandex: The Cookbook* is packed with evocative photographs, authentic recipes and traveller's tales.

DISCOVER MORE:
thenomadickitchen.com

At the other end of the spectrum, travelling through Egypt during the height of the revolution certainly added a layer of complication to the experience.

GT What are your top three recommended destinations for the adventurous gourmet traveller?

TP An incredibly rich starting point would be Turkey. As the bridge spanning two great continents, it boasts an amazingly-diverse culinary heritage. Most definitely Ethiopia – my absolute favourite. Lastly, Mozambique. You won't get better piri-piri prawns (see recipe) anywhere in the world.

GT Since you've returned to the UK, what are you working on?

TP A number of talks and pop-up restaurants have enabled me to share my journey. I'm also very fortunate to work for a Cornish micro-distillery making both gin and the UK's finest pastis. Although I have a hobby and job that I love, the desire to get back out on the road is very strong.

GT Were you to plan a sequel, which thus-far uncharted territories would make it onto your map?

TP Not 'if', but 'when'. Central America is currently at the top of a long list of incredible regions I want to explore.



RECIPE

BEDOUIN BABA GHANOUSH

• SERVES: 2

INGREDIENTS

- 3 large aubergines, skins pricked multiple times
- 3 cloves garlic, finely chopped
- 1 lemon, juice only
- 2 tsp tahini paste
- ½ tsp cumin seeds
- 1 tsp dried chilli
- 3 tsp olive oil
- 1 tsp sesame seeds, lightly toasted
- handful fresh parsley, finely chopped
- handful fresh mint, finely chopped
- salt and black pepper, to taste
- 2 flatbreads, toasted, to serve

METHOD

If using an open fire, place the aubergines directly on top of glowing embers. Alternatively, preheat a grill to medium-hot and cook the aubergines in a baking tray, turning every 5 minutes until skins are blackened all over and flesh has softened completely.

Place in a bowl and allow to cool, then cut down the middle of each and allow the liquid inside to fully drain. Scoop out the soft white flesh, discarding any burnt skin, and set aside in a mixing bowl.

Place the garlic, lemon juice, tahini paste, cumin seeds, chilli, and olive oil in a mortar and bash into a paste. Add the paste to the aubergine along with the sesame seeds and fresh herbs, mash together using a fork, and season to taste. Serve with flatbreads.



RECIPE

FIG & HALLOUMI SALAD

• SERVES: 2

INGREDIENTS

FOR THE SALAD:

- 100g sugar snaps, topped and tailed
- olive oil
- salt and black pepper, to taste
- 100g halloumi, cut into 1cm-thick strips
- 2 tsp za'atar
- 2 large handfuls rocket
- 2 fresh figs, quartered
- 75g pecans, roughly chopped
- handful fresh mint, roughly chopped
- ½ cup pomegranate seeds

FOR THE DRESSING:

- 6 tsp olive oil
- 3 tsp lemon juice
- 2 tsp balsamic vinegar
- 2 tsp runny honey
- 1 tsp sumac
- salt and black pepper, to taste

METHOD

Place the sugar snaps into a pot of salted boiling water. Cook for about 3 minutes or until tender. Drain, cut in half, and set aside in a bowl. Drizzle with a little olive oil and a small pinch of salt and black pepper.

Drizzle the halloumi with olive oil then coat all the strips evenly in za'atar. Set a griddle pan over a medium heat, then fry the halloumi until evenly golden on both sides. Remove and place on kitchen paper.

Mix all dressing together and place to one side. In a large serving bowl, place a layer of rocket, then add the figs, halloumi and sugar snaps. Scatter over the pecans, mint and pomegranate seeds. Pour over the dressing and serve.



RECIPE

PIRI-PIRI PRAWNS

• SERVES: 2

INGREDIENTS

FOR THE PIRI-PIRI SAUCE:

- 4 dried red piri-piri chillies
- 1 red pepper, de-stalked and roughly chopped
- 3 limes, zest and juice
- 2 tsp smoked paprika
- 2 tsp dried oregano
- 1 tsp Cayenne pepper
- 6 cloves garlic
- 2 tsp brown sugar
- large thumb of ginger
- large handful of fresh coriander
- 2 tsp red wine vinegar
- salt and black pepper, to taste
- 120ml canola or vegetable oil

FOR THE DISH:

- 12 large shell-on fresh prawns, cleaned and deveined
- 4 tbsp piri-piri sauce (see recipe)
- 1 x 400ml can coconut milk
- 240ml water
- 200g Basmati rice, washed
- salt, to taste
- 1 mango, peeled cut into 1cm cubes
- 75g cashews, roughly chopped
- large handful coriander, roughly chopped
- 1 lime, juice only

METHOD

Place all the piri-piri sauce ingredients in a food processor and pulse to a coarse consistency. Put the prawns in a shallow dish and evenly coat with 4 tablespoons of the mixture, reserving the remainder.

Add the coconut milk, water, rice, and a pinch of salt to a large saucepan and bring to the boil. Cover with a lid and reduce to a simmer, and cook until rice is tender. Remove from the heat, keep covered, and allow to rest.

Place a frying pan over a medium-high heat and cook the prawns until the shells turn pinky-orange. Transfer the rice to a serving bowl and add the mango, cashews, ½ of the coriander, ½ of the lime juice, and seasoning. Transfer the prawns to a platter, scatter with coriander and remaining lime juice, and serve with the remaining piri-piri sauce.

• All recipes from 'Spices & Spandex: The Cookbook' by Tom Perkins thenomadickitchen.com



SEAN MATTHIAS

DESERT ISLAND DISHES

The theatre director leaves behind his illustrious career to share his sandy particulars on Douglas Blyde's desert island

Images by Paul Reiffer, Luigi Novi iStock All restaurant images courtesy of restaurant



Swansea born Sean Mathias is a film and theatre director, writer and actor; once considered by The Independent on Sunday's Pink List to be amongst the '101 Most Influential Gay and Lesbian People in Britain' His career has seen him direct Sir Ian McKellen and Sir Patrick Stewart in two theatrical renditions of Samuel Beckett's *Waiting for Godot*, and Anna Friel in *Breakfast at Tiffany's*. Mathias is co-owner of The Grapes pub in Limehouse with business partner (and former life partner) McKellen, and Independent and Evening Standard media baron Evgeny Lebedev.

Good Things Which restaurant would you most miss on your desert island?

Sean Mathias Raoul's on Prince Street, Soho, New York City (raouls.com). It's always been there and feels like it always will be. I would be on my island wondering what I could be ordering after those delicious oysters.

GT And which public house?

SM The Grapes in Limehouse, of course. Superbly-run with great beers, fine wines and excellent dining. Smack-bang on the Thames with stunning views and a cool clientele. At over five hundred years old, it is possibly the oldest pub in London... and surely the best!

GT What cocktail would you most like to take ingredients for to recreate on the shores of your sandy idyll?

SM Vodka martini, taken straight up with a twist, using Grey Goose.

MENU PICKS FROM THE GRAPES

- Sir Ian's meaty shepherd's pie (£16.75)
- Fresh pan-fried swordfish, marinated in lemon and olive oil (£17.70)
- 'Moorish' light chocolate mousse cake (£5.95)

THEGRAPES.CO.UK

GT And which non-alcoholic drink would you be sad to be without?

SM Sadly, Diet Coke - although it is more of a treat than a regular these days.

GT What is the one comfort food you feel you could not live without on your island?

SM Vanilla ice cream.


GT And what recipe book (and specific recipe from it) could enhance your residence?

SM I have never used a recipe book in my life! That makes my cooking very touch-and-go. But the dish that would enhance island life would be a roast; preferably lamb.

GT What food fad would you be glad to see the back of?

SM WRAPS!

GT And finally, who would you choose as your Man or Girl Friday?

SM Now that would be telling ... quite a few candidates! 



Inside the Truscott Arms; recently named the 2015 SRA sustainable pub of the year

FURTHER VENUES BY STARS OF STAGE AND SCREEN

- With a revitalised, Blu-Tak coloured interior by Michel Schranz, who also worked with Claudia Schiffer, **The Truscott Arms**, Maida Vale is owned by theatre director Andrew Fishwick and his wife, Mary Jane. thetruscottarms.com

- With presence in London, the Oscar-winning Robert de Niro is co-founder with **Nobu** Matsuhisa of the Nobu brand, a restaurant which began in New York and subsequently expanded to at least thirty outlets internationally, including cruise ships, themed suites and dedicated hotels. noburestaurants.com

- Canadian child-star-turned-actor, musician and prominent supporter of PETA (People for the Ethical Treatment of Animals), Ryan Gosling co-founded **Tagine** with chef Ben Benameur to bring a varied carte to residents of Beverley Hills. Dishes range from scallop bastilla to 'Colonial couscous' taginebeverlyhills.com

- And now for something completely different: **Lakedown Trout Fishery** near Burwash (East Sussex) was designed and realised three decades ago by actor and singer, Roger Daltrey lakedowntroutfishery.co.uk



RECIPE

GREY GOOSE MARTINI PRÉCIS

● SERVES: 1

This martini cocktail follows a meticulously precise ratio of ingredients to ensure unparalleled quality. Created by White Lyan, the luxurious, award-winning bar, the classic cocktail has been refined to incorporate distilled water, zesty orange bitters, and vibrant lemon, to be served at precisely -1C for optimum tasting.

INGREDIENTS

- 50ml Grey Goose vodka
- 10ml Noilly Prat
- 0.184ml orange bitters
- 22.5ml distilled water
- 0.92ml lemon oil

METHOD

Mix all ingredients and chill to precisely -1C. Serve in a Martini glass, spritzed with pre-diluted lemon oil at an exact mist of 0.92ml.

● Recipe courtesy of
Grey Goose greygoose.com



On sprightly legs the fairy walks
Carrying giant, coloured stalks.
She knows the power rhubarb packs;
A flavour to stop you in your tracks.

PURE OF NATURE
MIGHTY OF FLAVOUR



@ClerkenwellBoyEC1



@TheCutleryChronicles



@TopWithCinnamon



@SymmetryBreakfast



#EPICPHOTO

WHAT DOES IT TAKE TO ACHIEVE FOOD FAME ON INSTAGRAM?



Snapping photos of food and sharing them on Instagram has become a national obsession. **Chris Keeling** meets some of the most widely-followed London-based foodies to discover who they are, why they share their lives on social media, and what keeps them motivated



@ClerkenwellBoyEC1
99,000 followers

The London restaurant industry wouldn't be the same without Clerkenwell Boy. To his Instagram followers, he is an omnipresent food idol, infamous not only for sheer volume of posts (five thousand and rapidly counting), but also the quality and styling of his photographs.

The 'officially anonymous' Clerkenwell Boy does not view himself as a brand; considering his Instagram feed as simply a visual diary of his life in food. The frequency of his posts comes from an insatiable appetite to try new experiences and, of course, a genuine love of food and cocktails. He also takes part in 'takeover' projects for the likes of Pret, and British master chocolatier Paul A. Young.

Owing to his stats Clerkenwell Boy is constantly invited to openings, and his social calendar is more packed than a world leader's. He is, however, keen to stress that, in spite of the excitement surrounding a new venue, it is important to revisit and also to support local favourites - using hashtags such as #eatlocal and #supportlocal.

Clerkenwell Boy is also an advocate of positive causes and the Instagram community spirit, where possible, using his reputation to support others: restaurants that champion food sustainability (winning chef fans in Bruno Loubet and Jamie Oliver); Duck & Waffle's Dan Doherty's Chefs of Tomorrow project; events like 'Drink The List' at the Drapers Arms; and charity supper clubs.

Although even he gets fatigued, Clerkenwell Boy says he can never tire of what London's food scene offers. Arriving from Australia with the intention of remaining in the city just a few years, eight years later he is still in love with the capital. He explains, 'there is always something new and the quality of food keeps getting better and better'.

CLERKENWELL BOY RECOMMENDS

- Morito or Barrafinna Adelaide Street for tapas (*see recipe*)
- St. John Bread & Wine or Lyle's for British food
- Most of Maltby Street market - especially Bread Ahead for 'those' doughnuts



@TopWithCinnamon
145,000 followers

Nineteen year-old Izy Hossack is busier than most teenagers, owing to her vast internet following, one published cookbook, **Top With Cinnamon**, and a second on the way. In 2011, Izy launched a simple baking blog, initially without any annexed self-publicising social media. However, things soon snowballed, and her rise to foodie stardom was boosted by an Instagram addition as a 'suggested' and featured user; as well as promotion from Jamie Oliver, which saw her followers go from twenty thousand to in excess of one hundred thousand.

Initially, attempting to build a following was quite stressful and time-consuming. But Izy realised that success lay in sharing the food she likes rather than trying to pander to a short-lived trends. Maintaining the growing brand involves responsibility - Izy explains that, 'it is quite high-pressured and I have to be careful with what I post. Everything I do is seen by a lot of people, and so it can't be used as a personal account'. The idea that an off-the-cuff post could be misinterpreted is a concern, and Izy is also careful in accepting products from companies, choosing to go with existing favourites so the link-up feels natural and unforced.

Although she almost always has something to post, she has no problems taking a break of a week or more. Despite the pressure, cooking and photography are Izy's loves, and the time spent endlessly testing and sharing recipes is worth it not for the brand, but on a personal level.



@Symmetry Breakfast
260,000 followers

Michael and Mark's story with Instagram has a touch of romance about it. While dating, Michael used to make breakfast. After the couple moved in together, bought a beautiful dining table (visible in many of their photos), and decided to photograph their breakfast, @SymmetryBreakfast was born.

The unique concept involves Instagramming a daily breakfast, always styled so that the two helpings are symmetrical. Although highly visually-appealing, the requisite organisation and motivation is a somewhat unenviable challenge. Yet the couple don't see it as a hassle.

@SymmetryBreakfast is about the experience two people share over food where, because of work, breakfast is the most quality time they get to spend together. Michael has often asked Mark, 'When will we call it a day?' and the answer is usually when it all starts to get in the way of their life together.

As some breakfasts are papped in restaurants both in London and abroad, some of the workload is alleviated. Constantly seeking out new places, the couple is keen to point out that there is simply far too much choice in London alone to ever get bored.

Given @SymmetryBreakfast's following, Michael and Mark feel honoured to be able to use Instagram to celebrate and promote the products of others that they themselves love. Despite being fairly niche, the couple feels the idea of 'symmetry' could grow in many ways, and is currently expanding into travel as well as design - the latter of which links to their usage of interesting tableware and cutlery. And, maybe, they'll start sharing lunch and dinner as well.

SYMMETRY BREAKFAST'S TOP MORNING SPOTS

- Burger Joint at Le Parker Meridian Hotel, New York
- The Adam and Eve in Homerton, London
- Scandinavian Kitchen, London for coffee and cakes
- Bar Termini, London for cocktails



@TheCutleryChronicles
56,000 followers

Taking a sabbatical to travel the world is a dream for many - and London-based Leyla Kazim is living that dream. Currently midway through a nine month trip across the Asian subcontinent, she takes her followers along via stunning photography and an accompanying blog (thecutlerychronicles.com).

Almost a decade into a job she enjoyed less each year, Leyla took the leap into life as a freelance food photographer and writer. The trip was a culmination of two years' planning, focusing on the food of countries whose cuisines had always excited her.

Followers will realise the amount of effort Leyla goes to on a weekly basis. The weekly post Leyla publishes each Sunday to keep readers up-to-date on the past week keeps her confined to a hotel room for a minimum of one whole day weekly. Instagram posts also help feed her blog, which details her impressions of a place.

Leyla is quick to point out that she's simply combining her two great passions. 'The moment I get tired of taking pictures should probably be the moment I put the camera down. I get a huge sense of achievement when I've taken a good shot, and images act as my souvenirs.' She says, back home, her Instagram habit can get tiring for friends who are left with cold food after she's snapped; but while travelling in Asia, the constant bustle means no shortage of photographic potential.

Leyla does admit that 'FOMO' - the 'fear of missing out' does play a part in her maintaining her content. However, she knows there will always be time to sleep when back in Britain.

LEYLA'S LONDON BUCKET LIST

- Blecker St. Burger
- Bao
- Kitty Fisher's
- The Diary
- Cafe Murano
- Som Saa



RECIPE

MORITO'S BEETROOT BORANI

• SERVES: 4

INGREDIENTS

- 4 medium raw bunched beetroot (about 700g)
- 1 small garlic clove, crushed to a paste with ½ teaspoon salt
- 4 tablespoons extra virgin olive oil, plus extra for drizzling
- 4 tablespoons strained Greek yoghurt, such as Total
- 2 tablespoons chopped dill, plus a few sprigs to garnish
- 2 tablespoons good-quality aged red wine vinegar with a pinch of sugar
- 50g feta cheese, crumbled
- 6 walnut halves, roughly crushed
- ½ teaspoon black onion seeds

METHOD

Wash the beetroot but don't peel it, then put in a pan, cover with water and bring to the boil. Cook for about 40 minutes or until tender, topping up the water if necessary. The beetroot is ready when a sharp knife goes through easily. Drain and leave to cool. Peel the beetroot and blend in a food processor. You want some texture in the purée, so don't over-blend. Transfer to a bowl.

Add the garlic, olive oil, yoghurt, dill, vinegar and a pinch of salt and mix well. Check the seasoning and spread the purée on a plate. Sprinkle with the feta, walnuts, black onion seeds and extra sprigs of dill and drizzle with a little olive oil. Serve with flatbread or pitta.

• Recipe from 'Morito' by Sam and Sam Clark, published by Ebury Press, RRP £26



RECIPE

SMALL-BATCH VEGAN CHOCOLATE CHIP COOKIES

• MAKES: 4

INGREDIENTS

- 1 tbsp coconut oil, softened
- 2 tbsp raw sugar
- 4 tbsp flour
- pinch of baking powder
- ¼ tsp water
- splash of vanilla extract
- 2 tbsp mini dark chocolate chips or chopped chocolate
- sea salt

METHOD

Preheat the oven to 180C.

Cream the coconut oil and sugar together. Add the flour and baking powder and rub into the oil mixture with your fingertips until crumbly.

Pour in the water and vanilla, knead into a dough, then knead in the chocolate chips.

Divide into 4 balls (roughly 1 tablespoon of dough each) and flatten onto a parchment-lined cookie tray. Sprinkle with flaky salt and bake for 8-10 minutes until starting to turn golden.

• Recipe courtesy of Izy Hossack, founder of food blog Top With Cinnamon and author of the same-named cookbook topwithcinnamon.com



RECIPE

BIRD'S JALAPEÑO CORN PUDDING

• SERVES: 2-4 AS A SIDE

INGREDIENTS

FOR THE PUDDING:

- 400g tinned sweetcorn kernels
- 50g butter
- 1 onion, diced
- 1 clove garlic, chopped
- 1 jalapeño pepper, chopped
- 100ml cream
- salt and pepper, to taste

FOR THE TOPPING:

- 150g breadcrumbs
- 25g clarified butter
- 50g grated Cheddar cheese

METHOD

Preheat oven to 180C. Purée one third of the sweetcorn until smooth, then mix with the remaining whole corn kernels and set aside.

In a pan set over medium low heat, melt the butter and sweat the onions until soft but not coloured. Add the garlic and jalapeño and continue cooking for another 5 minutes, or until soft. Add the corn mixture and cream, and cook until reduced by half. Season to taste, then turn the mixture into a small cast iron pan or buttered baking dish.

For the topping, combine the breadcrumbs and clarified butter, and sprinkle over the pudding, followed by the cheese. Bake in the oven for 5-10 minutes until the top is golden and bubbling. Serve hot.

• Recipe courtesy of Bird restaurant birdrestaurants.com

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Antica Formula over ice.



Antica Formula is available nationwide in many major bars,
from Waitrose or online at www.thespiritcellar.com.





WORLD BITES WITHOUT THE FLIGHTS

London is home to a world of global cuisines. If you're not heading away this summer, **Nicky Clarke** recommends the restaurants where a reservation is as good as a boarding pass

CHINA IN YOUR HAND

The Duck & Rice

Air miles saved: 4,958

Announced over two years ago, Duck & Rice – an 'English pub with a Chinese kitchen' by Alan Yau of Hakkasan and Yauatcha fame – has opened inside what used to be the tobacco-stained Endurance on Berwick Street. Here, set against four gleaming copper tanks on the ground floor, the superstar restaurateur serves up Chinese comfort classics with a retro twist: black pepper spider crab, jasmine-smoked pork rib, five-spiced fried chicken. A trip to this nearer-than-China-town wouldn't be complete without trying the venue's namesake whole Cantonese roast duck, accompanied by paper-thin pancakes, shards of spring onion, and a slick of soy. Beer is big business here, too – the aforementioned tanks dispense golden Pilsner Urquell alongside dedicated 'beer snacks' such as sesame prawn toast, venison puff and soft-shell crab with wasabi mayo. Sprawling across two floors behind an architecturally-impressive 'exoskeleton' in Soho, dinner at The Duck & Rice certainly saves the stretch to Shanghai.

90 Berwick Street, London W1F 0QB
theduckandrice.com

ALSO TRY

Elevating Chinese cuisine to bold new heights, quite literally, is Hutong (hutong.co.uk) on Level 33 of the Shard. Thinly-cut pork belly with cucumber slices, crispy soft-shell crab with Sichuan dried chilli, and aromatic beef rib braised in lotus leaf all prove there's no need to go east when you can stay west.



An exotic holiday used to be the only way to enjoy authentic, gourmet examples of global cuisine. With our own humble shores renowned for nothing more than fish and chips, pie and mash, and a good old-fashioned Sunday roast. Not so anymore. With London, in particular, upholding its recent reputation as the culinary capital of the world; a multi-cultural city where you can get a taste of world food without so much as leaving Zone One of the tube network.

It's a happy situation for those without plans to jet overseas this summer: simply head for the capital and splash the cash you've saved on a trip on the diverse, far-flung flavours served up at some of the city's best restaurants. ④



INDIAN SUMMER

The Cinnamon Club

Air miles saved: 4,603

Dubbed the 'Westminster canteen' due to its proximity to the House of Commons, The Cinnamon Club – housed in a former Grade II-listed library – has stood the test of time. Executive chef and Saturday Kitchen regular Vivek Singh is the man behind the modern Indian menu: spice-crusted Kentish lamb fillet, roast loin of Oisín red deer, tandoori cod fillet and Bengali-style grilled half lobster all combine expert Indian cooking techniques with stylish European presentation. As you'd expect of such a grand building, dinner here is served up on crisp white tablecloths, while the original book-lined shelves of the Old Westminster Library make for imposing interiors. Regular 'Wine and Spice' dinners are just that, taken in the private dining room, pairing beautiful wines with Vivek's spice-spiked suppers. Leave the passport at home – all you need is an Oyster card.

The Old Westminster Library, 30-32 Great Smith Street, London SW1P 3BU | cinnamonclub.com

ALSO TRY

Pepper fry, an old Anglo-Indian recipe, was the preserve of family cooking here in the UK up until Karam Sethi put it on the menu at his Michelin-starred Gymkhana (gymkhanalondon.com). His pigeon version is gamey, fiery, and wonderful accompanied by an Indian onion and green chilli salad.





DO PERU

Lima Floral

Air miles saved: 6,314

Only a couple of years ago Peru was largely unrepresented as a cuisine in London. Then came a wave of restaurants championing this slice of South America, from Andina and Ceviche through to Coya and Pachamama - though it was Lima Fitzrovia, now Michelin-starred, which made the biggest impression on discerning diners. Clean, lean, and fresh in style, the menu runs the gourmet gamut from tuna Nikkei and beef *escabeche* through to fillet *pachamanca* and Andean suckling pig. Meanwhile, its recently-launched bottomless brunch with an 'unlimited prosecco' option includes an Andean breakfast of quinoa porridge, potato pancakes and eggs frittata. Naturally, an extensive range of cocktails based on honey-hued brandy, pisco, brings the party from Peru with drinks like Trio De A's - a dizzying blend of vodka, luna pisco, white rum, lime and ginger ale. Definitely not the kind of drink you'd find thirty eight thousand feet in the air.

14 Garrick Street, London WC2E 8BJ | limafloral.com

ALSO TRY

Ceviche Old Street (cevicheuk.com) is the second outpost from Martin Morales and the menu is testament to the restaurant's expanding success: sitting alongside dishes from the ceviche bar are gorgeous grills like braised octopus and chorizo skewer with choclo corn purée and rocoto pepper cream sauce.



STREET FOOD

WHERE TO TRY, WHERE TO BUY

Sometimes you just want to grab a global bite on the hoof. On those occasions, hit one of Britain's best street food markets for pitch-perfect replications of the smells and tastes of those further afield. Some of summer's hottest...

FRIDAY FOOD FIGHT AT PARKLIFE 2015, MANCHESTER

Manchester's popular Friday Food Fight pop-up will be appearing at music festival Parklife this June: expect the city's cult favourites - Almost Famous, Crazy Pedro's Part-Time Pizza Parlour, Hungry Hombres, Viet Shack - to be present, correct, and serving great food.

facebook.com/b.eatstreetmanc

KINGSHEATH, BIRMINGHAM

KingshEATH - the biggest street food market outside of London - turned two this April, and the breadth of choice has never been better.

No fewer than twenty two traders ply their wares to hungry Brummies; we recommend Bare Bones Pizza, Low 'n' Slow, and Persiana. brumyyummy.com/kingsheath

DALSTON YARD, LONDON

Half party, half feast, Dalston Yard returned to its namesake location this May for the season with summer street food from all over the world courtesy of Street Feast. Expect all the usual suspects, with traders including Kimchinary, Mama's Jerk, Rola Wala, and Yum Bun. streetfeastlondon.com



MIDDLE EASTERN PROMISE

The Palomar

Air miles saved: 2,212

Moving away from traditional Israeli food, The Palomar, which has been awarded a Bib Gourmand from Michelin and voted Restaurant of the Year in this year's Tatler Awards, serves the food of modern-day Jerusalem to London's gourmet glitterati. The food in the Israeli city - influenced by Southern Spain, North Africa and the Levant - is worthy of the glorious celebration it receives on the menu here: vibrant, colourful, punchy dishes include cauliflower 'steak' on the Jospier, deconstructed kebabs, pork belly tagine and Persian oxtail stew, together with sublime desserts like their rose-scented milk pudding. The Palomar is run by two Israeli nightclub impresarios, also behind the venue's Jerusalem siblings, and the warm family welcome and Tel Aviv-style party atmosphere make the restaurant about more than just the food. No matter what you order, a place on one of the striking blue banquettes is infinitely cheaper than a seat to Israel.

34 Rupert Street, London W1D 6DN | thepalomar.co.uk

ALSO TRY

Yotam Ottolenghi is the master of East Mediterranean cuisine, and his London empire is expanding east, with the newest site Ottolenghi Spitalfields (ottolenghi.co.uk). Feast on dishes like pear and fennel salad with caraway and pecorino and be transported to sunnier shores.



Discover our secrets and share



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Images by Henrietta Graham

Famed for creating portraits of a vibrant selection of notable characters, painter **Henrietta Graham** talks to **Douglas Blyde** about her latest oeuvre: a portrait of Britain's leading chefs



COMMITTING CHEFS TO CANVAS



A gale shivers the blinds of Soho's Groucho. Here, in an anteroom arguably owing more to Play School than urban cool décor-wise, the cosy fug of cafetière coffee and heated croissants seeps. However, Henrietta Graham is not interested in breakfast because she is still sated from the whole Dover sole she devoured care of room service in the middle of the night. Graham's luxuriant mustard hair, pillarbox red top and zebra-patterned skirt clashes impressively with the club's décor; the latter item prompting a civilian to ask, 'Have you earned those stripes?'

Graham slaps shut her laptop's paint-splattered lid. We meet for an update on her opus which, only when she deems it ready, will culminate in a public exhibition and a book co-created with with biographer of chefs, James Steen; charting in oil and ink the UK's most influential chef talents. 'What we've achieved in forty years is extraordinary,' she says of the nation's gastronomy. 'From a time when people festered in crusty old hotels eating some grey bit of meat to yesterday's glittering Roux Scholarship awards where hundreds in the industry were happily shoe-horned into the Mandarin hotel. My work shows the grafters who laid down the roots.'

So from which stock did Graham's fascination for chefs simmer? 'My father, Colin, a cross between Ronnie Barker and Pavarotti, was the sort of gent that London built their restaurants for. In fact, his obituary invited donations for waiters in mourning. And when I was twelve, my South African grandmother told me that it was time I 'saw a really proper restaurant'. At the end of lunch at the Waterside Inn, she announced, 'Now, we'll see the kitchens.' I never forgot

Above left: Henrietta Graham has been capturing kitchens scenes over 20 years

Above right: a Graham portrait of the iconic Albert Roux OBE

the contrast between the dining room's tranquillity and, through those two doors, pans, knives, lighting, action! And Pierre Koffmann in the middle of it all...'

However, Graham's artistic aptitude would be for paint, not plate. Despite being awarded a scholarship for Parsons School of Design, Greenwich Village, Manhattan, Graham's mother overruled her. 'Mum put her foot down. 'You're not going to New York aged seventeen, it's too far!' But New York and I would have got on much better than me and alternative, Paris - because I got expelled after a term.'

Despite the fact she recoils if ever called a 'sensible' painter, the Paris of the late 1980s felt rather 'vanity over sanity' for Graham. 'My generation, in love with shock and the avant-garde, gave up on a fine art education. But that wasn't where I was coming from. Perhaps naively, I wanted proper academic training - to study anatomy, to grind pigments like aquamarine blue... At the time, St. Martin's didn't even have a life drawing room. I thought, surely in Paris they'll have life drawing. Instead, I recall a professor coming into the classroom, announcing, 'today, we're going to create art not using our hands.' What did he mean, I ask? 'Use your feet, face or bum!' So what did Graham use? 'Statement. I walked out.'

Fortunately, Graham did find what she craved, albeit far from the classroom. 'I lived in a fantasy-style, rooftop garrison, working as a waitress to support myself. And I did find life drawing classes and real artists, and devoured the seven miles of floor-space in the Louvre; I went back to the old masters.'

VINGT QUATRE

Paris also whetted Graham's appetite for travel. Much to her mother's delight, she eventually returned to Chelsea to collate the results which included canvases of holy men in India and Greek fishermen. 'I had a tiny studio on the top floor of Vingt Quatre, a twenty four-hour diner on the Fulham Road, round the corner from Gordon Ramsay's Aubergine.' Graham coincidentally kept the same hours as chefs, working nights at the same bar Ramsay frequented after service. 'Invariably, we ended up hanging out, eating baked beans at

"I shouldn't tell you this, but I can see bits I didn't finish. Little did I know they'd use it for fifteen years"

1am.' Ramsay eventually invited Graham to his kitchen. 'After painting rhinos in Africa, it seemed appropriate.'

What lessons did this first foray into painting a chef offer? 'I learned how to become invisible. Gordon flying off the handle was riveting. He was fighting for his third star, leading the team which included Angela Hartnett and Marcus Wareing.' Graham recently asked Hartnett, whose hands she painted holding a lobster, if she remembered those days. 'The response was, 'I remember nothing.' It was frantic, and I was lucky to get a glimpse through the keyhole.'

The resulting portrait of Ramsay still graces the menu of his three Michelin-starred Royal Hospital Road flagship. 'So old, but so evocative. I shouldn't tell you this, but I can see bits I didn't finish. Little did I know they'd use it for fifteen years.' Although Graham since painted 'formidable' head chef, Clare Smyth, it did not occur then that she could carry on painting chefs.

Graham needed space for her increasingly epic canvases. 'I was never going to be able to dedicate my life to art as some faded Chelsea girl, so I decided to live in the middle of nowhere.' Graham boarded the train for Penzance, then went walking. 'At Mousehole, which has a beautiful crescent harbour looking over St. Michael's Mount, I looked into an estate agent's and, eyes on stalks, glimpsed a listing for a medieval net loft. By the end of the day, I'd bought it.'

Because she wanted to live in the loft, Graham received a warm welcome from villagers tired of an invasion of second home-owners. 'I didn't 'frou-frou' it up. I just got on with painting.' Graham's work developed. 'They're big works, taking my life and my soul.'

After a month, Graham met fellow artist and Mousehole resident, Ken Howard. 'A Royal Academician, aged about eighty two. Basically, Ken became my mentor.' Five years later, Graham had another formative rendezvous. 'Heading out for milk, covered in paint, I saw a chap with an easel about a hundred metres opposite. Turned out to be quite handsome. I let him chat me up then took him home. And that was my husband. Tim Hall. An amazing painter from a family of painters including his sister, President of Royal Society of Portrait Painters. We've been together ten years and work side-by-side.' Advised to do so by Pierre Koffmann, both Graham and Hall made history in 2014 by being the first couple to exhibit at the BP Portrait Prize: Graham for her picture of James Martin, and Hall for his rendition of Graham painting René Redzepi.

EPIPHANY

Graham also befriended local restaurateur, Joe Wardle, an alumnus of Raymond Blanc. 'One day, while I padded in his kitchen, Joe picked up the Observer which had used one of my paintings of Gordon. 'Outrageous, no credit!' he said. I replied I didn't mind because it was so old, but Joe insisted I rung up to 'make a noise.' Although the minds behind Gordon Ramsay Holdings were warm to Graham's suggestion to update the portrait, she had an epiphany. 'It occurred that I'd painted Gordon at the perfect time. The Gordon I'd be dealing with now would be very different. But, who else was nearby?' Within moments, Graham had contacted the now two Michelin-starred Nathan Outlaw in Fowey. 'Have you



Above: a completed Graham portrait of John Williams

Right: Graham working on a portrait of Brian Turner

Below: the artist in her studio in front of her René Redzepi canvas



met him?' she asks. 'I'm six foot in shoes, but he's huge! I was craning my neck looking up at him, so he literally stood me on an upturned tureen so we could be eye-to-eye.' Impressed by his likeness, Outlaw recommended Graham continued to paint the UK's top chefs for a book. 'So I began writing polite letters.' However, the process was not always streamlined. 'It took three years to get Raymond Blanc, while Philip Howard of The Square phoned me within twenty four hours. 'He said, 'anyone who lives in a place called Mousehole, deserves a phone call.'

Early into the project, Shaun Hill, a chef of half a century's service, gave reverberating advice. 'He said, 'it has to be about jobbing chefs. Never let it slip into celebrity.' Today, Graham has completed thirty five portraits of 'jobbing chefs' and is working on another ten. 'There's an air of assumption that I've got this nailed,' she says. 'Honestly, I'm just worrying about how best to finish Atul [Kochar's] ears...'

However, one chef is conspicuous by his absence in the series. 'If your ambitions don't scare you, they're not big enough,' quotes Graham. 'I remember meeting a chap called Bob Carlos Clarke twenty years ago who was trying to photograph Marco Pierre White. We were both given the run-around. I gave up; he didn't. But now, I'm going to bother. I think I will get a hell of a lot more from painting him as a forty three year-old artist than when I was twenty three. Perhaps he could understand that?'

What, when she achieves closure on the project, should Graham paint next? 'Ballet dancers. But not like Degas. I would want to capture their brute physicality. But I've already started on chefs outside the UK,' she says, cheekily. 'Three Michelin-starred Eneko Atxa of Azumendi runs one of the most sustainable restaurants in world. I caught him shelling peas...' 🍷

Find more on Henrietta's work, visit henriettagraham.co.uk and follow @henriettagraham on twitter




“ I’m ALL
taste,
no waste! ”

“ I’m a
succulent
and Stemsational
way to CREATE
a thousand
everyday
meals. ”



It's Tender
& you eat all
the stem



Images by Thomas Hobbs, iStock, Formans

FAMILY VALUES

As Father's Day approaches, **Thomas Hobbs** finds out how family values have helped London's oldest smoked salmon producer.

It's rare to see a family business that has remained relevant for over a century at a time of foodie venture capitalist takeovers and chain restaurant strategies, but thanks to its speciality smoked salmon, London-based Formans has done exactly that.

Renowned throughout the British Isles for its unique smoking methods, which are kept a closely guarded secret, Formans has everyone from Gordon Ramsay to Marco Pierre White and The House of Lords ordering its smoked salmon on a regular basis. The business has grown from humble wholesale into home groceries and events, and they even have an on site art gallery and a fabulous high-end restaurant at their East London site.

'The business was started by my great grandfather. He was an immigrant from Odessa who settled in the East End in the late nineteenth century,' explains owner Lance Forman. 'In the immigrant community, smoking salmon was originally to preserve the fish as refrigeration was basic. As things evolved, my grandfather started sourcing the salmon from Scotland and he became a real driving force in establishing the product as a luxury item in London's top hotels and delicatessens. Yes, there's pressure to continue what he started, but I hope he'd be proud of how far we've come today.'

With Lance at the helm, the business has gone from strength to strength and at the end of the year, Formans is set to become the first London food producer to secure Protected Geographic Indication (PGI) status, meaning that, like the Cornish pasty and Yorkshire Wensleydale cheese, only salmon smoked in accordance with Formans' methods within East London can be branded as 'London Cured Smoked Scottish Salmon'.

'The reason we've helped smoked salmon become a great food is because we've found a way to properly preserve the taste. You don't want a fresh fish to taste like an ashtray, it's all about balance,' Forman reveals.

'We only use Scottish salmon that's been forty eight hours out of the water, while most supermarkets are importing it from Norway, and it's spending four days on the road before being pumped with sugar and salt to increase the weight for profit, as they sell it by the pound.'

Lance is keen to preserve the business and pass on the family baton to one of his three children. 'I grew up with smoked salmon; I was almost weaned on it. My dad brought home some every week and I learnt how to carve when I was six.' But despite mastering the tricks of the trade at such a young age, Lance didn't join the business until fifteen years ago,



Formans' methods have become synonymous with London salmon



following spells as an accountant and political aide. 'My father put us on the map in the culinary world and made sure every top chef knew who we were. My aim is to put the brand on the lips of every global foodie who asks for smoked salmon.'

As well as the PGI, Lance has expanded the business to include an on-site restaurant, with the aim of becoming the 'River Café of East London'. The restaurant - as our exclusive Good Things Father's Day dinner attests - champions all things British, with English wines and Lake District beef prominent on the menu. And, of course, smoked salmon, which eighty percent of diners order.

Not content with cornering the market in the UK, Formans has started exporting weekly smoked salmon shipments across the pond to New York, a business headed up by Lance's cousin, who is considering the opening of a factory in the Big Apple.

Walking through the factory, it is clear why this humble family business is still going from strength to strength. And, as we walk through the magnificent old buildings, we pass an old black and white photograph of his grandfather, proudly holding up a massive side of salmon. Pointing to the photo, Lance explains that in the late nineteen seventies there were a dozen smoked salmon producers in the East End, but after salmon farming started, they tried too hard to compete with the supermarkets and went down the mechanised route. Formans never changed their processes, instead sticking to their tried and tested formula laid down by Lance's grandfather.

They are the last producers now, and they look set to be here for generations to come. 



FORMANS' FATHERS DAY MENU

H. FORMAN & SON ROYAL FILLET OF SALMON, TUNA TATAKI, WASABI AND SOY

• SERVES: 4

INGREDIENTS

FOR THE TUNA TATAKI:

- ½ tbsp olive oil
- 2 x 150g tuna loin fillets (tataki)
- salt and pepper, to taste
- 2 tbsp finely chopped parsley
- 2 tsp finely-ground pink peppercorns

FOR THE DISH:

- 200g H. Forman Royal Fillet salmon, sliced into ½ inch-thick fingers

TO SERVE:

- soy sauce
- prepared wasabi
- mixed cress (optional)

METHOD

Heat the oil in a nonstick frying pan set over high heat, season the tuna, and very quickly seal all over until lightly golden. Roll in the parsley and ground pink peppercorns, and set aside to cool.

To serve, slice the cooled tuna into ½ inch-thick disks. Plate 3 slices of the Royal Fillet with 3 slices of the tuna. Drizzle with soy, spoon on a little wasabi and garnish with mixed cress, if using.

• Recipe courtesy of Forman & Field formanandfield.com



FOR MORE ON FORMANS...
FORMANS.CO.UK | FORMANANDFIELD.COM



RECIPE

BRÛLÉED STICKY TOFFEE PUDDING

• SERVES: 8

INGREDIENTS

FOR THE PUDDING:

- 175g stoned dates, covered in 175ml boiling water
- ½ tsp vanilla extract
- 2 tsp Camp coffee essence
- ¼ tsp bicarbonate of soda
- 75g butter, at room temperature
- 150g caster sugar
- 2 large eggs, beaten
- 175g self raising flour, sifted

FOR THE SAUCE:

- 25g pecan nuts, chopped
- 175g soft brown sugar
- 110g butter
- 90ml double cream

METHOD

Preheat the oven to 180C. Add the vanilla extract, coffee essence and bicarbonate of soda to the soaked dates and set aside. Using a hand mixer, cream the butter and sugar in a large bowl until pale, light and fluffy. Add the beaten eggs a little at a time, beating well after each addition.

Gently fold in the flour, followed by the date mixture (it is fine that the mixture is loose). Divide the mixture equally between 8 dariole or mini pudding moulds, place on a baking tray, and bake in the centre of the oven for 25 minutes.

Meanwhile, make the sauce. Combine all ingredients in a saucepan set over very low heat, stirring, until the sugar melts. Remove the puddings from the oven and cool for 5 minutes, then slide a knife around each pudding and turn out into a large ovenproof dish

Preheat the grill to high, and pour the sauce evenly over the puddings. Position the dish so it sits around 20cm from the heat, knock off any nuts on pudding top to prevent burning, and cook until the sauce is bubbling and the pudding tops are brown and slightly crunchy.

Serve hot, with cream or bourbon ice cream (see recipe)

• Recipe courtesy of Forman & Field
formanandfield.com



RECIPE

BOURBON ICE CREAM

• SERVES: 6

INGREDIENTS

- 450ml double cream
- 450ml full-fat milk
- 1 vanilla pod, split (or 1 tsp vanilla extract)
- 8 egg yolks
- 50ml bourbon

METHOD

Mix the cream and milk in a saucepan set over medium-low heat and scrape in the seeds from the vanilla pod, if using. Add the pod and bring gently to a boil. Meanwhile, beat the egg yolks in a bowl (with the vanilla extract if not using a pod) until pale and light.

Pour the hot milk and cream mixture over the beaten yolks, stirring constantly, until well blended. Leave to cool completely, stirring from time to time. Remove the vanilla pod, if used, add the bourbon, then transfer to an ice cream machine and freeze according to manufacturer's instructions.

• Recipe courtesy of Forman & Field
formanandfield.com

METHOD

Season the lamb shoulder, make small incisions into the meat with a sharp knife, and fill each with a rosemary spear or peeled garlic clove.

Preheat oven to 140C. Heat the oil in a non-stick frying pan set over medium-high heat. Add the lamb and seal until golden-brown. Place in a casserole dish covered by the melted duck fat, cover with foil, and cook in the oven for 3 hours, or until tender. Remove and leave to rest.

Next heat 1 tbsp oil in a frying pan set over medium-low heat and sweat the leeks until soft. Add the mashed potato and season, mix well, and form into small cakes. Heat the butter in a clean frying pan set over medium-high heat and fry the cakes on both sides until crisp and golden.



RECIPE

DUO OF LAMB

• SERVES: 4

INGREDIENTS

FOR THE SLOW-BRAISED SHOULDER:

- 1 shoulder of lamb, boned and rolled (ask your butcher to prepare it)
- salt and pepper, to taste
- small bunch rosemary sprigs
- 1 bulb garlic, cloves peeled
- 1 tbsp olive oil
- 250g tub of duck fat

FOR THE LEEK AND POTATO CAKES:

- ½ tbsp olive oil
- 2 leeks, finely chopped
- 1kg mashed potato
- salt and pepper, to taste
- 2 tbsp unsalted butter

FOR THE LAMB LOLLIPOPS:

- 1 rack of lamb, French trimmed and fat scored (ask your butcher to prepare it)

FOR THE JUS:

- 50ml port
- 2 tbsp flour
- 500ml lamb stock
- salt and pepper, to taste

FOR THE POPPED TOMATOES:

- 500g cherry tomatoes on the vine
- 1 tbsp olive oil
- salt and pepper, to taste

Preheat oven to 180C. Season the lamb rack, and seal until golden-brown in a frying pan over medium-high heat. Transfer to a roasting tin in the oven for 15 minutes before leaving to rest.

For the jus, set the roasting tin over medium heat, deglaze the pan with port, then add the flour and mix well. Add the lamb stock, reduce until halved in volume, season, then strain and reserve in a jug.

Next, preheat the grill to high. Oil and season the tomatoes and grill until the skins start to blister.

To serve, plate the sliced lamb shoulder with a couple of potato cakes, a lamb cutlet, and a vine of tomatoes. Serve with the jug of jus.

• Recipe courtesy of Forman & Field
formanandfield.com

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MAXIMUM TASTE, MINIMAL GADGETRY

When **Safrina Nishad** realised she was being forced out of her kitchen by a growing collection of gadgets, she knew she had to streamline her cooking somehow...

Every weekend, I set some time aside to take up big cooking projects so that the lovely smell of baking can waft through my tiny kitchen.

It doesn't stop with cakes and bread – all sorts of experiments are undertaken. But after I tired of the frozen banana no-churn ice cream trick, I was left in search of fresh inspiration. All the fiddly, crowd-pleasing recipes I sourced seemed to require a sous vide machine, a Michelin-starred chef husband, or both. Since I have neither, I gave up before even approaching the first hurdle.

My kitchen cupboards are already groaning under the weight of a redundant pineapple peeler, air fryer, Parmesan pencil shaver, garlic peeler and other innovative one-trick pony-type kitchen gadgets. And, as much as I would love a voice-activated oven, I simply cannot afford the space in my diminutive London apartment.

The ultimate aim? A device that enables culinary creativity while minimising the need for superfluous gadgetry. My ongoing search affords me enough expertise to share some top tips...

THINK BEFORE YOU SHOP

Minimise hoarding by questioning whether you need your potential purchase. Has your recipe suffered tragically without the gadget? Will you use it for multiple applications, or many times? If the answer is 'no', think twice.

MULTIPURPOSE MARVELS

Make the most out of a single purchase by opting for a gadget



FUNCTIONAL FEATURES


An oven that offers best in class responsiveness and superior functions will ensure the end result – the taste – surpasses all else.

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- Steam System
- Portable water jar - easy to clean and fill
- Autopilot cooking
- Temperature Sensor

with multiple uses. For instance, an ice cream maker which doubles up as a blender will save valuable space – and money.

THE MARK OF A BRAND

Always look for certified brands that offer a solid warranty. If something breaks down or goes wrong, you'll be glad you took the precaution. When sourcing new equipment for your kitchen, research is your best friend. 

For more information, visit aeg.co.uk



56 TASTEFUL TRENDS: AN APPETITE FOR HEALTHY EATING

Where dietary fashions are concerned, clean is the new dirty. Safrina Nishad shows you how to treat yourself whilst improving your health

57 A HEALTHY APPETITE FOR THE STINKING ROSE

It's not a hot new superfood, but for millennia, garlic has been heralded for its health benefits. Eleanor Ross talks to top chefs about how to get more in your diet

58 SPICE AND ALL THINGS NICE: CARDAMOM

There's no better season than summer to explore a spice which boasts a fragrant, cleansing perfume. Zoe Perrett gets to grips with green cardamom

60 WHAT THE FORK? SHIVI RAMOUTAR

Every chef has a kitchen tool they wouldn't be without. Modern Caribbean cook Shivi tells Zoe Perrett all about her most indispensable item

62 TESTING, TESTING

This month, Thomas Hobbs takes inspiration from Russia Day on 12th June, putting some gourmet specialities to the taste test

64 WORTH ITS SALT - PERU

You may have eaten Peruvian cuisine in a restaurant, but have you tried to DIY? Kavita Favelle says that Gastón Acurio's encyclopaedic cookbook is a great place to start

66 COOKERY CLASS REVIEW - EAT LIKE A LOCAL: MOROCCO

Keen to master a range of world cuisines? Cooks at Carlton School of Food's day classes provide an excellent and intimate introduction, writes Kavita Favelle

68 A TASTE FOR TAMARIND

The sweet-tart tang of tamarind is essential for balance in many dishes. Kavita Favelle puts the ingredient under the spotlight and explains how to use it

70 HOME DINING DAY - PACK UP, LET'S PICNIC

This summer, the only picnic you need to plan is Zoe Perrett's chef-created spread, complete with tips, tricks, and top locations

74 HOME DINING NIGHT - IMPRESSIVE IFTAR

The month of Ramadan is replete with rituals; many highly personal and differing across the world. We present memories and festive recipes from noted foodies

79 HOW TO HOLD YOUR OWN AT THE DINNER TABLE: RAMADAN

This month, observant Muslims will embark on a month's-worth of daylight fasting. Our topical tableside primer sheds light on all that's involved

80 ANJULA DEVI: LIFE, TIMES AND TASTE - FROM THE GARDEN TO THE TABLE

There's nothing quite like cooking with home-grown ingredients. Anjula Devi explains her passion for fresh produce and praises the potato

82 FATHER'S DAY, THE CHEFS' WAY

As Father's Day approaches, Eliza Welsford chats to Leiths-trained chefs about fatherhood, and presents a recipe for a dish no dad could resist

86 A CUT ABOVE THE REST

Every cook needs a set of dependable knives - and Safrina Nishad is no different. At Victorinox's factory, she discovers blades truly at the cutting edge

88 TIS THE SEASON TO BE SOCIAL

Summertime should be filled with seasonal soirées. If you're not sure where to go and what to sip, Nick Harman comes to the rescue

90 SHERRY IN THE SUNSHINE

Sherry might be synonymous with a different season, but it's ideal for sipping in the sunshine. Douglas Blyde and Zoe Perrett raise their glasses

94 BUFFALO STANCE

Bourbon has a history worth savouring with as much relish as its finest expressions. Nick Harman pours himself a long measure and shares its story

Good Things



Entertaining

Peruvian cuisine has been hot among cutting-edge chefs and restaurants for some time now - this issue we check out a book set to bring it to the keen home cook. As midsummer approaches, we asked some of our favourite chefs to share their picnic recipes - pick and choose a few items, or create a feast with the whole lot. June also heralds Ramadan, and we present a menu for after-dark feasting. Seeking Father's Day inspiration? We discover how notable male foodies will share their love for food with their children.

TASTEFUL TRENDS

AN APPETITE FOR HEALTHIER EATING

The UK's new obsession with health-led food routines like a daily cup of matcha, coconut oil pulling, and sipping turmeric milk is a refreshing antithesis to the 'dirty food' craze. **Safrina Nishad** embraces a new healthy outlook with gusto – and explains how you can do the same

Images by Lush and Inspirational

Do you remember that moist banana bread? The one that you couldn't stop at one slice so you ended up eating the entire loaf, one crumb at a time, convincing yourself that it was healthy because of all those sweet-smelling bananas, walnuts, and the healthy dose of organic honey?


What harm could a little flour do? Unfortunately, once the taste has left your lips, you're fatter, full of guilt, and swiftly planning your 'redemption run'. Well, I don't know about you – but that's me in a nutshell.

Once my skinny jeans stopped fitting in that gracious way, I started snooping around the internet for healthier eating habits and food trends that will contribute to a fitter lifestyle. I ended up succumbing to good ol' fashioned retail therapy – a bar of Lush's sticky banana and honeycomb hand soap, made with banana purée, fair-trade honey, and soy yoghurt. The gourmet recipe got me thinking. If soap could help satiate my food cravings, surely there must be other ways to use food positively without packing on the extra pounds?

And then I went on to do some productive research. The findings kept me surprisingly busy and I couldn't

stop gushing about all the benefits of eating healthily and, as a result, being healthy.

The absence of bacon from a 'proper' English breakfast may be blasphemous to some, but if you're a vegetarian, you are often left picking on a plate of tinned baked beans and overcooked mushrooms. Thankfully the interesting breakfast menu at Camden's InSpiral features an elegant 'full vegan bake-up', featuring portions of scrambled tofu and tamari mushrooms. Follow it with a guilt-free serving of flax and chia seed crepes with cashew cream, berry compote, and raw chocolate to start your day with a difference.

We no longer need to be pushed into extremes, having to choose from either tasteless diets or over-indulgent meals. And, as my Lush discovery proved, food fixes don't have to be edible. Going 'au naturel' with your attitude to food is appealing and rewarding, whether you're embracing raw food, veganism, clean eating, the caveman diet, or any other savvy habits. 

**As the saying goes,
'if you can't b(eat)
them, join them!'**



WHERE TO EAT WELL AND FEEL GREAT

- **Ethos, London** For pay-by-weight meat-free meals served all day (ethosfoods.com)
- **Food for Friends, Brighton** For light, fusion cuisine - shared with friends! (foodforfriends.com)
- **Hansas, Leeds** For well-spiced Indian vegetarian dining (hansasrestaurant.com)
- **InSpiral** For healthy food and the view of Regents Canal (inspiral.co)
- **Wahu, Manchester** For simple, clean food (wahufood.com)

BREAKFAST OF CHAMPIONS:
Camden's InSpiral bucks the breakfast trend with its 'full vegan bake-up'



HEALTHY HABITS

Turmeric milk Bottled turmeric milk is increasingly available from companies like The Pressery (thepressery.co.uk), but it's easy to make your own. For an old Indian cold remedy, spike a glass of hot milk with a pinch of ground turmeric and whole peppercorns, or drink chilled as a healthful beverage.

Coconut palm sugar You've done agave, stevia, maple syrup et al – now meet your latest sweet obsession. Coconut sugar is high in nutrients including zinc, calcium and potassium. An organic version from Biona (biona.co.uk) is widely available.

Cricket flour 'Insect cuisine' is having a moment. If you're feeling adventurous, crickets pack as much protein as chicken breast. The flour brings a healthy spin to baked goods like cookies, muffins and pancakes. In America, Bitty Foods (bittyfoods.com) leads the way. In the UK, order edible insect ingredients from Edible Unique (edibleunique.com).

Oil pulling Swishing oil round your mouth may not look flattering, but it's the new fad in oral hygiene – the ancient Ayurvedic practice has even garnered attention from the Kardashians. Benefits include natural tooth whitening, clearing sinuses, decreasing headaches, and preventing bad breath. The coconut-based formula from Cocowhite (cocowhite.com) comes in flavours including mint and vanilla.

Matcha Made from finely stone-grinding whole shade-grown green tea leaves, perfected by the Japanese, this beverage is packed with antioxidants – ten times more nutritious than a normal cup of green tea. The Good Life Eatery (goodlifeeatery.com) makes spot-on matcha lattes with the option of almond, soy, or dairy milk.

Birch water Rivalling coconut water is this Nordic springtime favourite. Collected from the sap of the silver birch and the North American sweet birch trees, this pure water is known to rejuvenate the body and soul. The UK's first example comes from Sibberi (sibberi.com) with its bottled, unsweetened birch water.

A HEALTHY APPETITE FOR THE STINKING ROSE

Eleanor Ross says that garlic breath is a small price to pay to gain from the health and beauty benefits of the allium. Top chefs agree and explain how to add more to your diet

Garlic isn't known for its delicate perfume or tender fragrance. It's got a reputation for an obnoxious smell and pungent flavour.

Despite this, it holds its own as a superfood. Found to help protect the brain and blood vessels, lower cholesterol, and reduce high blood pressure, garlic offers more to diners than a flavour kick. Rub it on your feet and you have an ointment to treat athlete's foot: eat it raw, and you're looking at a dose of natural Viagra.

For those of you who can't stomach the taste of garlic, we asked Good Things' top chefs and Guest Editors past and present how best to eat and prepare this allium so you can get more of the benefits with less of the intensity.

CLÁUDIO CARDOSO, EXECUTIVE CHEF, SUSHISAMBA

The chef is a 'master of garlic disguise': 'It is my and my fellow chefs' job to have it on our menu, sometimes well-disguised so guests don't feel too much of its intensity.' Cardoso recommends handling it carefully so it loses some of its intensity: 'It's widely beneficial, and despite its strong aroma, can be extremely pleasant. Try simmering garlic in milk, then puréeing it; or baking a whole bulb for hours at a really low temperature.'

REMI WILLIAMS, CHEF AND CO-FOUNDER OF POP-UP RESTAURANT SMOKE & SALT

Williams has been experimenting with using wild garlic to make a purée to use in dishes for pop-ups, relishing its milder taste. Of common garlic, he says, 'It's not just about the strong sulphuric taste we know. It can be milder. When slowly roasted or caramelised, it can be the only thing you need as a creamy topping on a perfectly grilled steak.'

A SOOTHING SCENT:
Garlic has a number
of health benefits



DAN DOHERTY, EXECUTIVE CHEF, DUCK & WAFFLE

The chef opines that garlic's intensity can be tempered through use in oils and garnishes. He explains how he slowly cooks the cloves in their skins in olive oil, using the oil on baked-to-order breads: 'The confiting makes for a subtle-yet-enriched flavour that doesn't overpower. I also cook raw garlic in milk to remove the pungent taste then fry in butter as a crispy garnish for roasted aubergines.'

MAURIZIO MORELLI, CHEF-PATRON, LATIUM AND BRICIOLE

For this Italian chef, garlic doesn't always have to be subtle. He explains that it has been used in soffritto – the base of many pasta sauces – since time immemorial, and Morelli says, 'I make garlic-scented extra virgin olive oil, chopping some garlic and covering with lots of olive oil and living it to infuse together for few hours at room temperature. I also infuse my clarified butter with lots of garlic and herbs; this one is melted in a pan with roasted meat just before serving it, giving an extra flavour dimension.'



SPICE AND ALL THINGS NICE CARDAMOM

The fragrant, cleansing perfume of cardamom hangs in the air during Ramadan. **Zoe Perrett** traces its roots

Images by Mira Manek

The cooling-yet-citrusy sensation that whizzes up the back of one's nasal cavity upon ingesting cardamom is intriguing – leaving the eater at once chilled-out and suitably spiced. At least in the case of the slender green pods. The closely-related black variety, by contrast, is all smoke, leather, and camphor; the seeds cocooned within hairy deep-brown casings that add a real depth of flavour when simmered in a stew or tucked into a vat of biryani.

The latter's smokiness comes from its processing; the fresh pods set to dry over wood fires that impart that inescapable sultriness to the spice. Its flavour lends itself well to savouries, but when added to sweet preparations its primeval 'ancient temple-like' taste is only underscored. Try grinding a few seeds into a molasses-rich gingerbread batter for a treat that tastes like something your forefathers could have cooked up. Whether green or black, always buy whole and grind to order, lest you're left with flavourless dust.


Once thriving in the King of Babylon's gardens, cardamom is currently the world's third-most expensive spice, with Kerala holding the reputation for the finest kinds. Kumily Village is home to the Cardamom Auction Centre; the Cardamom Hills in the Western Ghats home to the plants themselves.

Moving from South India to South America, Guatemala is king in terms of cardamom's annual crop yield – although it only arrived there at the start of the twentieth century.

The mental clarity green cardamom can bring is fortuitous when consuming in any quantity one of the myriad spirits where it acts as a botanical; including gin and Scandinavian aquavit. When a warm, somewhat softer libation is in order, pop pods into Indian *thandai* or *masala chai*; or a cup of strong, spiced Arabic coffee. Post meal, chewing cardamom can aid digestion and sweeten stale breath far better than a stick of gum – as the Moghul rulers who carried gilded pods in silver boxes well knew.

Myriad world cuisines savour the spice, although largely, a more prominent role is reserved for the green type. Although not an exhaustive list by any means, you may encounter it in food from India, Indonesia, Germany, and the Middle East – not to mention Scandinavia, where cardamom flavours Finnish Christmas bread, Danish buns, and plump Norwegian pastries known as '*fattigman*'.

In India, the perfume of both black and green cardamom pervades many regional cuisines; and inclusion in a savoury dish often denotes Persian roots. At Ramadan-time in any Muslim area, the air is thick with the heady fragrance as cardamom is a constituent of traditional fast-breaking feasts like biryani and sweet rice pudding, *kheer*. Meanwhile, the spice also has a role in Hindu worship rituals.

According to Indian scholar Pushpeth Pant, offering cardamom on a skyward-facing palm is an indication of the presenter's supplication; to accept is to express joy at the gesture of intimacy. 

SAVOUR THE FLAVOUR...

PANTRY PROVISIONS

- The Modern Pantry Black cardamom pods | themodernpantry.co.uk
- Holy Lama Naturals Cardamom Spice Drops | holylamanaturals.co.uk
- Spice Mountain Green cardamom pods | spicemountain.co.uk

ON THE PLATE

- Meat: Elaichi beef – Naturally-reared Hereford beef, blade braised overnight, marinated sirloin, bone marrow pakora and tandoori sweetbread served with black cardamom-scented cashew nut gravy at Lasan, Birmingham | lasan.co.uk
- Breakfast: Roast new potato, shallot, feta, piquillo pepper tortilla, fennel and cardamom, Jerusalem artichoke crisps, grilled courgette at Tapa Room, London | theprovidores.co.uk
- Sweet: *Kardemummabulle* (cardamom bun) at Söderberg, Edinburgh | soderberg.uk

ON THE TOWN

- In Light of India at Gymkhana, London: Tapatio Blanco Tequila, ginger beer and bitters with pineapple and cardamom malai. | gymkhanalondon.com
- Milk Thistle Vodka Punch at Milk Thistle, Bristol: Ketel One vodka, spiced pear and apple shrub, fresh lemon, cardamom bitters, crème de cassis, and ginger ale | milkthistlebristol.com
- Agro di Paradiso at The Tippling House, Aberdeen: Disaronno, house-made limoncello honey shrub, lemon, TTH saffron and cardamom bitters, and egg white | thetipplinghouse.com

IN THE DRINKS CABINET

- Butler's Lemongrass and cardamom gin | butlersgin.co.uk
- Fee Brothers Cardamom Bitters | masterofmalt.com
- Cotswold Cider Company Blow Horn Cider | cotswoldciderco.com

FOR YOUR BODY

- B Brow Bar Eyebrow grooming gel in 'Cardamom Pod' | harveynichols.com
- Korres Saffron, amber and cardamom eau de toilette | liberty.co.uk
- Lush Brazened Honey fresh face mask | lush.co.uk

SNACK ATTACK

- Najjar Lebanese coffee with cardamom | melburyandappleton.co.uk
- Rococo Cardamom organic white chocolate bee bar | rococochocolates.com
- The Modern Pantry Clementine, black cardamom and saffron marmalade | themodernpantry.co.uk

A FRAGRANT STAY

- Visit Cardamom Club, an eco-friendly, remote resort set amidst a cardamom plantation in Thekkady, Kerala | wildlifeperiyar.com

THE GURU

- Vijay Deo, founder of Holy Lama Naturals, Kerala-based producers of bodycare products and liquid spice extracts | holylama.co.uk



RECIPE

CARDAMOM CHIA SHAKE

• MAKES 4 SMALL GLASSES'-WORTH

This smooth, creamy and nutritious cardamom-laced creation can be served as a drink or an impressive dessert. The chia seeds add texture and an array of health benefits - if in a rush, soak them in hot water and mix well; they should be ready to use in just a few minutes.

INGREDIENTS

- 70g cashew nuts, soaked in 350ml water for at least 30 minutes (or overnight)
- 35g pitted dates
- 8g chia seeds, soaked in 50ml water for at least 30 minutes (or overnight)
- pinch of saffron threads
- ½ tsp ground cardamom, plus extra for garnish
- pistachios, for garnishing

METHOD

In a high-speed blender, blend the soaked cashews and their water with the dates. Pour into the soaked chia seeds, stirring constantly, then add the saffron and cardamom and mix well.

Alternatively, divide the soaked chia seeds between four serving glasses and top with the blended mixture.

Garnish with chopped pistachios and an extra sprinkle of cardamom, and serve, with straws or small spoons.

• Recipe courtesy of Mira Manek, author of 'Green Daal Stories', and creator of a range of 'healthy Indian' food products and related lifestyle events miramanek.com



Thoroughly modern Caribbean cook **Shivi Ramoutar** tells **Zoe Perrett** how acid-etched graters keep her cooking skills so sharp

WHAT THE FORK?

MICROPLANE

Images by Good Things

Unaframed of subscribing to cliché, Shivi Ramoutar admits that, as a Caribbean chef, a phenomenal amount of limes, coconuts, ginger, nutmeg and garlic passes through her kitchen. Most ends up zested or grated, so she's grateful for the gadget that reduces the amount of blood, sweat and tears involved in their processing.

Shivi opines that, until you undergo a culinary epiphany, it's easy to assume that your common-or-garden grater is great. In retrospect, though, she realises that her old tool yielded soggy, slushy zest – and even then only when she angled a lime in a certain way to 'catch' the teeth. Given that her supperclub series is named '*Lime' (referring both to the ingredient and a classic Caribbean knees-up) and the fact that she's been up to her elbows testing recipes for her first cookbook, it's handy that her own 'Microplane Moment' occurred in a timely fashion; because she's had a fair few to get through.

Aside from fruit, Shivi chivvies along preparation of chocolate, coconut, nuts, spices, ginger and garlic painlessly with her

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FOUR-SIDED
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selfridges.com

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GLOVE
£15.50
divertimenti.com



Microplane; using the ingredients in dishes like her instant spiced chocolate, roasted coconut and cucumber salad (see recipe), and hearty Caribbean one-pot stews. The only problem, she ponders, is that using such an efficient gadget cuts down her downtime; substantially shortening those kitchen gossip sessions that occur during her - now-vastly-reduced - food prep periods...

SHIVI'S TOP TIPS

"I love my stainless steel Microplane, but any acid-etched grater is good"

- Ideally a rubber 'slip' on the base of the grater is desirable so that it holds to work surfaces if you grate vertically.
- A steel handle is preferable to a plastic handle that may be more likely to crack or snap over years.
- A curved plane will be marginally safer for fingers and skin than a flat one.
- If nervous of the 'teeth', purchase slider guards, or even a cut-resistant glove.
- A package that also contains a coarser grater is a great buy – handy for carrots and veg, cheese... and making the sweet potato pone recipe in my forthcoming cookbook!

WHAT IS IT GOOD FOR?

DEPENDING ON THE PLANE YOU CHOOSE, TRY...

- Zesting citrus fruits
- Grating ginger and garlic
- Flaking and curling chocolate
- Ribbon-cutting fruit and veg
- Finely-grating nuts and hard spices

More on the machine www.microplane.com



RECIPE

ROASTED COCONUT AND CUCUMBER SALAD

• SERVES: 6-8

The mellow flavour of the coconut adds a pleasant creaminess to this quick and moreish salad.

INGREDIENTS

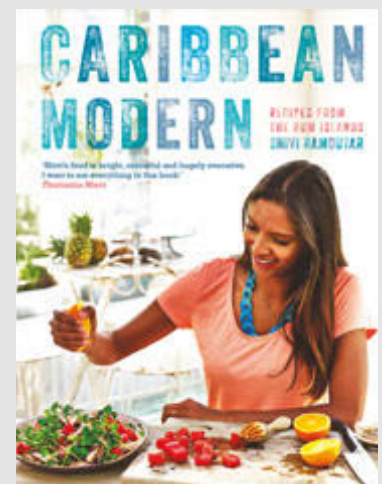
- 200g fresh coconut meat, in large pieces
- 2 tbsp finely chopped coriander leaves
- 2 garlic cloves, finely grated
- ¼ of a Scotch bonnet, deseeded and finely grated
- 1 cucumber, peeled and grated (or sliced) into long, thin ribbons
- sea salt and freshly ground black pepper, to taste

METHOD

Preheat the oven to 160C.

Pop the coconut onto a baking tray and bake for about 20 minutes. Allow to cool then grate into thin ribbons, using a ribbon grater, (or a vegetable peeler).

In a bowl, toss together all the ingredients ensuring that everything is well mixed. Season to taste and serve.



• Recipe courtesy of Shivi Ramoutar, whose new cookbook 'Caribbean Modern: Recipes from the Rum Islands' is published in June by Headline shiviramoutar.com

TESTING TESTING RUSSIAN SPECIALITIES

Images by Thomas Hobbs

Russia has a reputation for enjoying the finer things in life, extending to its food and drink. **Thomas Hobbs** samples some of the country's finest treats ahead of Russia Day on 12th June

Whether it's the beautiful words (and beard) of Tolstoy, a Maria Sharapova drop shot, or a sharp dose of imperial vodka, there are plenty of reasons to love Russia. While Putin's current standoff with the West has made tracking down authentic Russian delicacies tough, I gave it a good go.

Who? Caviar House & Prunier

What? Malossol caviar

How much? £85 for 30g

Get it: Harrods (harrods.com)

Verdict? The term 'Malossol' was originally used in Russia to distinguish high-grade caviar from the ordinary; and this is certainly the former.

How much of a Good Thing? With eggs that look like diamonds tossed in coal dust, the caviar's unique earthy taste creates a fishy kick that's quite simply a cut above. **5/5**



Who? Caviar House & Prunier

What? Balik Fillet Tsar Nikolaj smoked salmon

How much? £27 per 100g

Get it: Harrods (harrods.com)

Verdict? Prepared to a one hundred and fifty year-old recipe used by the Russian Imperial Court, this Swiss smoked salmon cut is of incredible quality - a perfect caviar alternative for summer blinis.

How much of a Good Thing? Fleishy yet delicate, this is clean-tasting salmon that doesn't leave an overpowering smoky aftertaste. **4.5/5**



Who? Whittard of Chelsea

What? Russian Caravan loose tea

How much? £5.50 for 125g

Get it: Whittard of Chelsea (whittard.co.uk)

Verdict? With a name that dates back to the seventeenth century, when camel caravans transported Chinese tea through Europe, this smoky tea is just the teapot alternative if you're feeling adventurous.

How much of a Good Thing? The subtle smokiness of Caravan tea mixes well with its sweet, hay-like smell. While this won't be to everybody's taste, it's definitely worth a go (preferably with a dash of milk). **4/5**



Who? Beluga

What? Noble Russian Vodka

How much? £46.99 for 700ml

Get it: Selfridges Foodhall (selfridges.com)

Verdict? Its crystal colour - perhaps thanks to the unique blend of malt spirit and the purest waters from Siberian artesian wells - disguises a strong aftertaste that will put hairs on your chest.

How much of a Good Thing? This is a very good thing. Strong but smooth, Beluga is crying out for creative cocktails. It's obvious why Russians oligarchs love it so much. **5/5**



Who? H. Forman & Son

What? Keta caviar

How much? £9.95 for 100g

Get it: Online from for manandfield.com

Verdict? Nicely unconventional, this is roe from a trout instead of a salmon.

How much of a Good Thing? Intensely fishy and salty, the caviar, which has a beautiful tangerine colour, pops comfortably on the tongue. Try it with some blinis and cottage cheese. **4/5**



THE BOTTOM LINE?

Without a duff item in sight, it's hard to pick a standout from this month's Russian bunch. However, you won't go far wrong with the Caviar House & Prunier's Balik Tsar Nikolaj salmon or Beluga Russian vodka - both are divine.

Next month, Thomas tests... Food and drink to bring far-flung flavours into your daily diet



Never be foiled again

Unlike other foils, Bacofoil has a non-stick coating (the dull side) so your food will slide off the foil as easily as it went on.

bacofoil.com



The one with the non-stick coating

Images by Phaidon

WORTH ITS SALT PERU: THE COOKBOOK

Peruvian cuisine is taking off but is yet to enter most British home kitchens. **Kavita Favelle** says that **Gastón Acurio's** gastronomic exploration will change that

If our May *Good Things Food & Drink Guide to Peru* whetted your appetite for all things Peruvian, then this month's cookbook is definitely one to add to your wish list. Peruvian food is one of the world's original fusion cuisines, weaving together ingredients and dishes indigenous to the region with techniques and produce brought to Peru by Spanish conquistadores, their African slaves and subsequent waves of immigration from China, Japan and Europe.

Some foods that originated in Peru, like potatoes, peppers, and corn, are now grown and consumed globally. Others - *ulluco tubers*, *kañiwa* grains, and *lúcuma* fruit - are not widely known elsewhere. These and many other native ingredients have been supplemented in the Peruvian larder by meats such as beef, lamb, pork and chicken, many fruits and vegetables, herbs and spices - even nuts and refined sugar.

With so many influences, the cuisine could be considered a little daunting to cover in a single cookery book but Gastón Acurio is the perfect Peruvian to pull off this feat.

To describe Gastón as an acclaimed chef would be an understatement. He owns a slew of renowned restaurants in Peru and worldwide; he hosts a hugely popular television cookery show, and he has a loyal following on social media. Fellow Peruvian chefs credit him with creation of 'Cocina Novoandina' - a modern take on Andean cuisine - and for being an enthusiastic ambassador for the food and culture of Peru.

In an illustrated book as colourful as Peru's people and culture, Gastón narrates his personal journey and the history of Peruvian food before sharing over five hundred recipes that represent the nation's cooking.

Recipes are divided into nine chapters. First is 'Ceviche', which includes Japanese-inspired tiradito. For ceviche, the fish is 'cooked' by its citrus juice dressing; for *tiradito*, a dressing

is added to slices of raw fish just before serving, so the fish has no time to cook. Recipes include Arequipa-style shrimp, Chalaca-style tiradito and Chinese-accented ceviche chifa, with pickled root vegetables and ginger.

'Appetizers' and 'Street Food' chapters cover snacks representing every region of Peru. *Papas con japchi* combines potatoes and fresh cheese with rocoto peppers and local herb, *huacatay*, whilst canary-yellow mashed potatoes create a plump sandwich around crab and egg mayonnaise in *Causa de Cangrejo* (see recipe).


The range of 'Soups, Broths and Chowders' is just as wide, from *Caldo de Siete Carnes* (seven-meat broth) and *Chupe* (chowder) *de Quinoa* to *Chaque de Tripas* (squash and lamb intestine soup) and *Lawa de Choclo* (creamed corn soup).

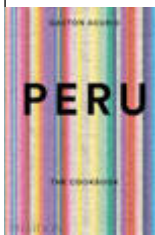
The chapter that most clearly shows the influence of immigration is undoubtedly 'Rice, Stir-Fries and *Tacu Tacu*.' *Arroz Con Mariscos* (rice with seafood) has a clear basis in the Spanish dish from which it takes its name; *Arroz Chaufa* (fried rice) is one of the most popular Peruvian Chinese fusion dishes; and *Tacu Tacu*, a dish of leftover rice, beans and spices formed into a patty and fried until there's a crisp crust, gives a nod to its Afro-Peruvian origins.

For heartier dishes, 'Stews, Chilies and Roasts' fits the bill. As well as a broad range of one pot dishes, this chapter provides four variations of *pachamanca*, a traditional celebratory dish of marinated meat and vegetables baked in underground ovens.

Many of the recipes in 'Desserts & Sweets' are of clear Spanish origin, including *Alfajor* (sweet biscuits sandwiched with dulce de leche), rice puddings and *Crema Volteada*, a baked caramel custard. Local ingredients such as *lúcuma* fruit, purple corn and *yucca* roots add intrigue.

The 'Drinks' chapter makes much use of pisco - the ubiquitous Peruvian brandy - including cocktails, punches and *Ginger Ale Chilcano*, along with soft options like *Cremolada*, a frozen granita-like drink - the perfect summer cooler. For something unusual, try traditional *Chicha de Jora* (corn beer), or a drink featuring *camu camu* berry juice.

Peru: The Cookbook finishes strongly, with a 'Basic Recipes' chapter containing marinades, condiments, pastes, and sauces, along with a comprehensive glossary of ingredients referenced throughout. Acurio's work is sure to become a classic reference text on Peruvian cuisine; a comprehensive guide suitable for home cooks and experienced chefs alike. 



Peru: The Cookbook by Gastón Acurio, photography by Andy Sewell, published by Phaidon, RRP £29.95 phaidon.com



RECIPE

CAUSA DE CANGREJO - CRAB-STUFFED CAUSA POTATO DISH

• SERVES: 4

- Preparation Time: 10 minutes
- Cooking Time: 15-20 minutes

INGREDIENTS

- 8 yellow potatoes, peeled
- ½ cup (4 fl oz/120ml) yellow chili paste
- 4 tablespoons vegetable oil
- juice of 7 small lemons
- 7oz (200g) fresh crab meat
- ¾ cup (6oz/175g) mayonnaise
- 1 avocado, cut into ½-inch (1cm) cubes
- 2 eggs, hard-boiled and coarsely chopped
- handful of parsley leaves, to garnish (optional)
- salt

METHOD

Bring a pan of water to a boil, add the potatoes, and cook until tender. Drain and mash thoroughly until smooth and free of lumps. Put into a bowl, add the chili paste, oil, and four-fifths of the lemon juice. Season with salt and mix together thoroughly. Set aside.

In another bowl, put the crab meat, ½ cup (4oz/120g) mayonnaise and the remaining lemon juice and mix together thoroughly.

Spread the potato mixture on a piece of plastic wrap (clingfilm) in a rectangle shape to a thickness of ½ inch/1cm. Layer the cubed avocado, chopped hard-boiled eggs, and most of the crab mixture on top of the potato mixture, setting a little aside as garnish.

Taking the edges of the plastic wrap, carefully roll the mixture into a thick roll. Remove the plastic wrap and place on a serving platter. Top with the remaining mayonnaise, crab mixture, and the parsley.



RECIPE

LIMONES RELLENOS - STUFFED CANDIED LEMONS

• SERVES: 4

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes

INGREDIENTS

- 1½ cups (14 fl oz/400ml) evaporated milk
- 1½ cups (14 fl oz/400ml) condensed milk
- 4oz (120g) shredded (desiccated) coconut
- 1 cinnamon stick
- 4 lemons
- scant ¾ cup (5oz/150g) granulated sugar

METHOD

Pour the condensed and evaporated milks into a heavy pan or Dutch oven (casserole dish). Add the coconut and cinnamon and simmer over low heat, stirring continuously, until the mixture thickens and sticks to the spoon. Remove from the heat, pour into a bowl, and cool. Set aside.

Cut the lemons in half. Taking care not to pierce the peels, scoop out the pulp and seeds.

Blanch the lemon halves in boiling water 3 times, changing the water each time.

Place the lemon halves in a pan with the sugar and ¾ cup (7 fl oz/200 ml) water. Simmer over low heat for 1½ hours, until the liquid reduces and a thin syrup forms. Remove the lemons and place on a rack to drain.

Spoon the milk and coconut filling into the candied lemon halves. Serve.

• Recipes extracted from Peru: The Cookbook by Gastón Acurio, photography by Andy Sewell, published by Phaidon, RRP £29.95 phaidon.com



COOKERY CLASS REVIEW

EAT LIKE A LOCAL: MOROCCO

Images by Kavita Favelle,
Carlton Towers

At Carlton Towers amidst the most grandiose of English settings, **Kavita Favelle** learns the techniques and tricks of cooking the Moroccan way

If ever there were an award for the most magnificent setting for a cookery school, The Carlton School of Food would surely be a shoe-in. The school is housed within Carlton Towers, a private stately home as sumptuous as any I've seen.

Home to Lord and Lady Gerald Fitzalan Howard, Carlton Towers dates from the early 16th century, was extended in the 1700s and transformed to its current grandeur in the 1870s. The Victorian external façade is certainly impressive, but the house also boasts splendid gothic revival interiors.

Guests who book an overnight stay – and I urge you to do so – are welcome to explore the dramatic hallways, staircases, galleried landings and staterooms, not to mention the cosy living areas and luxurious bedrooms. My simple hearty supper and evening in front of a roaring log fire was a peaceful prelude to the day of cooking to come.

The cookery school itself is located on the ground floor, where the original kitchens were located. These were sympathetically and stylishly restored in 2014 to create a modern cookery school in a historic setting. Most classes take place in the main kitchen – a spacious, light and airy room that is somehow cosy at the same time. A huge central island is built from natural and white-painted wood, older storage units, dressers and modern ovens line the walls to two sides of the room, a vast fireplace and old cast iron range occupy another and six stone-framed windows let in plenty of light along the fourth. There is also a pretty living room for

students to use and an elegant dining room in which lunch is taken.

My class is one of a series called Eat Like A Local, aimed at giving home cooks a repertoire of the kind of dishes they might enjoy on a holiday and then wish to recreate at home. Today we are learning Moroccan dishes from Richard Walton-Allen, Carlton Tower's executive chef. A professional chef with a passion for quality produce and sourcing, Richard has travelled the world seeking new flavours and cooking styles, which feed into his teaching.

First on our schedule is a tagine of lamb with dates and almond, which needs a couple of hours in the oven after the initial browning of meat and onions. After a quick introduction, Richard talks the class through the difference between lamb, hogget and mutton while giving a demonstration of the easiest way to break down a joint, pulling the meat apart along its seams. We go on to make our individual tagines with lamb, but Richard makes his with hogget so we can taste the difference later.

Once our lamb dishes are in the oven and we've been fortified with hot drinks and slices of homemade orange cake, we move onto the second main recipe of the day. In Morocco

FIND OUT MORE

cooksatcarlton.co.uk | info@carlontowers.co.uk |
Cooks, Carlton Towers, Yorkshire DN14 9LZ | 01405 861 662



pastilla is traditionally made with pigeon, though chicken is sometimes used. We take advantage of the abundant game available at Carlton Towers, and make our pastillas with partridge, wrapping the spiced meat filling with strips of buttered brik pastry. With the vegetable cous cous and salads we also make during the day, there will be plenty for lunch already, so we box up our unbaked pastillas to take home.

The course ends with a leisurely late lunch in the formal dining room, a chance for me to chat further with my fellow students, including two retired friends who've attended several classes at The Carlton School of Food and are already booked on a few more. I don't need to ask them why they're such loyal customers – not only are all the dishes we've made delicious and eminently achievable for the home cook, all of us have picked up lots of useful tips to apply to our every day cooking. 



RECIPE

LAMB TAGINE WITH DATES AND ALMONDS

• SERVES: 6-8

INGREDIENTS

- 1.5kg boned shoulder of lamb
- 50g butter
- 2 onions, finely chopped
- ½ tsp saffron threads
- ½ tsp ground ginger
- Salt and lots of black pepper
- 1 cinnamon stick
- 2 tbsp clear honey
- 1 tsp ground cinnamon
- 300g pitted dates

METHOD

Trim any excess fat from the lamb and cut into 6-8 pieces.
Heat butter in a large pan and lightly brown the lamb all over, in batches if necessary. Remove from the pan and set aside.
Cook the onions in the same pan, stirring until they begin to colour. Stir in the saffron and ground ginger.
Return the meat to the pan and salt, pepper and cinnamon stick. Add water to cover the meat and seal the pan with a tight fitting lid, or foil wrap. Simmer on the stove or bake in a medium oven for 2 hours until the meat is very tender.
Stir in the honey, ground cinnamon and more black pepper. Stir well, and cook until sauce is reduced, turning the meat occasionally.
Add the dates, and cook for a further 10 minutes.
Serve with cous cous.

• All recipes courtesy of the Carlton School of Food cooksatcarlton.co.uk

A rustic still-life photograph featuring tamarind. In the upper half, a dark, textured bowl is filled with several light-brown, elongated tamarind pods. The background is a dark, weathered wooden surface. In the lower half, a single tamarind pod lies horizontally, its light-colored, papery husk partially peeled back to reveal the dark, segmented pulp inside. To the right of the pod, a small, broken piece of the husk and a larger, irregularly shaped piece of the husk are scattered on the wooden surface. The lighting is soft and directional, creating subtle shadows and highlighting the textures of the wood, the bowl, and the tamarind pods.

A TASTE FOR...

TAMARIND

Images by Getty

Kavita Favelle enlists the help of Good Things guest editor alumnus Alfred Prasad to sharpen your appreciation of this integral Asian flavour

It was a surprise to learn that the tamarind tree is native to Africa, so strongly is it associated with India, where it has been cultivated for several thousand years; indeed, the word itself comes from the Arabic ‘tamar hindi’ – ‘Indian date’. Today, India is the world’s largest producer of tamarind, much of which is consumed within the subcontinent.

A member of the legume family, this long-lived tree grows well in subtropical and semi-arid climates and its ability to withstand temperature extremes and varying rainfall levels makes it enviably hardy and easy to grow.

Beautiful flowers with red-veined, pale yellow petals germinate to create pod-like fruits that hang from the branches like little sausages. Turning from green when young to beige-brown, the shells change from soft to hard as the fruits mature. Harvested when young, the pulpy flesh inside is creamy white and super-sour – the sugars develop as the fruits ripen, turning the pulp dark brown and providing the characteristic sweet-and-sour tang.

Although the seeds are edible and can be eaten raw or cooked, it’s most commonly the pulp that is harvested and sold fresh or processed and used as an ingredient. Whereas many Asian cuisines use ripe tamarind pulp, the Thais also celebrate the unripe fruit, emphasising its acute acidity by pickling or balancing it out with sugar, salt, shrimp sauce, and chilli.

Although ripe tamarind pods are sold whole, the pulp is often extracted, dried and compressed into blocks, or processed into paste or concentrate. The pulp blocks are the most economical way to buy tamarind but need elbow grease to transform them from a fibrous sticky mass to rich tamarind sauce, which can be reduced over heat to a thick paste.

British-Burmese food writer MiMi Aye speaks of two Burmese dishes in which tamarind is essential – let thohk son, a hand-tossed rainbow salad of noodles, potatoes, and rice with dried shrimp, peanuts, and vegetables dressed with tamarind, shrimp, and fish sauce; and na-byan kyaw - tofu and chickpea fritters which are always served with a spicy tamarind dip.

Alfred Prasad, formerly Director of Cuisine for the Tamarind Collection of restaurants and Good Things’ March Guest Editor, loves ‘the truly distinct and delicious taste of tamarind - a wonderful sweet, sour and tangy element that adds an extra dimension’ to both traditional Indian dishes and more modern cooking.

In India, tamarind has historically been used as a souring agent, a preservative and medicinally. Alfred recalls how

ALFRED PRASAD’S RECIPE FOR TAMARIND GRANITA

• **SERVES: 6**

INGREDIENTS

- 250g Demerara sugar
- 750ml water
- 60ml tamarind concentrate (OR 60g block
- tamarind soaked in 100ml warm water for 15 minutes, mashed and strained, pulp discarded)
- 1 tsp aged balsamic (or 1 tbsp regular balsamic)
- ¼ tsp kala namak (sulphurous black salt, available from Indian grocers), optional

METHOD

Warm sugar and water in a saucepan set over low heat, until the sugar dissolves. Set aside to cool, then add the tamarind, balsamic vinegar and black salt. Mix well and pour into a non-stick metal baking tray. Freeze for 25-30 minutes, or until icy around edges.

Using a fork, stir the icy edges into the middle of the tray. Repeat the freezing and forking process twice (or thrice if required), stirring the edges into the centre each time. When ready to serve, portion into bowls with an ice cream scoop, and serve.

• *Recipe courtesy of Alfred Prasad, chef and Good Things Guest Editor alumnus alfredprasad.com*

his grandmother would apply a poultice of fermented tamarind to his forehead to break a fever; it is also believed to reduce cholesterol and retard kidney stone formation. A microbiological study in 2006 confirmed its antibacterial properties. In an era before refrigeration, home cooks found other ways to make food last. Alfred remembers his grandmother’s fish curry, pungent with tamarind and cooked fairly ‘dry’, would easily keep for a week or more – the fish almost pickled by the sugar and acidity of the tamarind.

In South India, tamarind features in rasam (a spiced soup) and sambar (a lentil and vegetable stew). In the North it is integral to the smooth, ketchup-like imli chutney – sweetened with dates and jaggery and flavoured with spices – that is served with a wide range of snack-like ‘chaat’ dishes such as bhel poori and papri chaat. It’s also wonderful with hot, freshly-fried pakoras or samosas. That same Imli chutney is the inspiration for British favourites, Worcestershire sauce and brown sauce, as well as American steak and Japanese tonkatsu sauce.

Of course, tamarind need not be restricted to traditional Asian recipes. Alfred is enthusiastic about tamarind’s place in the pantry, suggesting that its sweet-sour tang makes it a great substitute for balsamic vinegar – try it in salad dressings with olive oil, salt, and pepper; as a glaze for grilled pork or duck; or toss fried calamari with tamarind, chilli flakes, and garlic. Enjoy a drink of young, fresh tamarind mixed with ginger and raw mango, or relish the sweet-tart flavour in a refreshing granita (*see recipe*). 

HOME DINING DAY


PACK UP, LET'S PICNIC

Images by Good Things

It's moving towards midsummer and it's your duty to plan a picnic or few. Zoe Perrett shares the where and the how, along with a hamper's worth of recipes from noteworthy chefs

It's the season for alfresco eating, and there's nothing quite like a Great British picnic. Whether the sun shines from a sea-blue sky, or the lashing rain means you remain car-bound as you eat your treats, the occasion is always memorable.

You may have little say in the type of weather Mother Nature decides to bless (or curse) you with, but you can ensure the food is fresh, flavoursome, and that your picnic fare piques a little more interest than shop-bought sandwiches and pre-packed pots of ill-executed salad.

Even better if your spread is well-planned, served somewhere special, and composed of recipes shared by some of the UK's top chefs. 

THE PICK OF THE PICNIC SPOTS

Britain is hardly short of picturesque locations to unpack your hamper, but, according to the National Picnic Week team, this list consists of the country's fifteen finest...

- Barafundle Beach, Pembrokeshire
- Brownsea Island, Dorset
- Avon Valley Country Park, Bristol
- Formby Beach, Merseyside
- Somerset House, London
- Devil's Dyke, East Sussex
- St Herbert's Island, Cumbria
- North Pennines
- Bodmin Moor, Cornwall
- Corfe Castle, Dorset
- Rievaulx Abbey, North Yorkshire
- Gibside, Newcastle-upon-Tyne
- Padley Gorge, Derbyshire
- Top Withens, Haworth, Yorkshire
- Glenkiln Sculpture Park, Dumfries and Galloway

THE ETYMOLOGY OF THE ALFRESCO FEAST

Although the OED is unsure of the provenance of 'picnic', it's thought that the word first appeared in print in Tony Willis' 1692 *Origines de la Langue Française*, where it was noted as a newly-coined term referring to a group of diners who brought their own bottles; each contributing something to a shared spread.

Aurally, it's pleasing to imagine that 'piqueur' (to peck) was combined with the rhyming 'nique' (thing of little importance) to form a lyrical portmanteau, but that explanation sadly has little basis in fact; whilst quite how the word went from Lord Chesterfield's 1748 usage - describing drinking, card-playing and conversation - to referring to a refined alfresco affair remains debated. The perfect talking point for your next picnic, perhaps?

National Picnic Week

From 13th-21st June, it's the UK's National Picnic Week - dates during which it's almost obligatory to dine out-of-doors for as many meals as possible
nationalpicnicweek.co.uk



RECIPE

SUMMER ROLLS WITH NUOC CHAM

• SERVES: 8

INGREDIENTS

FOR THE ROLLS:

- 8 rice paper wrappers
- 300g cooked, peeled king prawns
- 160g cooked vermicelli rice noodles
- 2 handfuls of mint leaves
- 2 handfuls of coriander leaves
- 2 handfuls of Thai basil leaves
- 1 large carrot, coarsely grated
- 1 handful of beansprouts

FOR THE NUOC CHAM DIPPING SAUCE:

- 2 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp light brown sugar
- 1 birdseye chilli, finely chopped
- 1 clove garlic, crushed

METHOD

For the rolls, set out all ingredients, along with a shallow dish of warm water. Working one at a time, place a sheet of rice paper in the water and soak for 30 seconds or until soft. Transfer to a plastic chopping board, and arrange three prawns in a line across the centre of the rice paper. Top with a small amount each of the noodles, herbs, carrots and beansprouts.

Fold the bottom of the rice paper over the filling, folding in the sides snugly. Carefully roll the rice paper around the filling to form a tight sausage shape. Set the formed roll aside on a serving dish and cover with a damp tea towel, then repeat the process with the remaining rice paper sheets and filling ingredients.

For the dipping sauce, put all of the ingredients into a small mixing bowl and whisk together. Transfer to a small serving bowl and serve immediately.

• Recipe inspired by Bobby Chinn, Head Chef at House of Ho houseofho.co.uk



RECIPE

PANEER, PEPPER AND PINEAPPLE KABABS

• SERVES: 4-6

INGREDIENTS

FOR THE MARINADE:

- 2 tbsp Greek yoghurt
- ¼ tsp ground turmeric
- ½ tsp paprika
- ¼ tsp garam masala
- 1 tsp fresh ginger, finely chopped
- 1 tsp garlic purée
- 1 tbsp cumin seeds
- salt, to taste

FOR THE KABABS:

- 300g paneer, cut into 1-inch cubes
- 1 red pepper, cut into 1-inch cubes
- 1 green pepper, cut into 1-inch cubes
- 1 pineapple, skinned, cut into 1-inch cubes
- 1 courgette, skin left on, cut into 1-inch cubes
- 2 tsp olive oil

TO ASSEMBLE:

- wooden skewers, soaked in warm water for 30 minutes

TO SERVE:

- 1 lemon, cut into wedges
- 1 tsp chaat masala (optional)

METHOD

Preheat the oven to 200C. For the marinade, whisk together the yoghurt, spices, ginger, garlic, and salt. In a mixing bowl, combine the mixture with the paneer, peppers, pineapple and courgette. Add the olive oil and mix gently. Cover and leave in the fridge to marinate for no more than 30 minutes.

Preheat the grill to high. Thread the marinated paneer, vegetables, and pineapple onto the soaked skewers and grill, turning every couple of minutes, until gently browned around the edges. Cool and pack into lidded containers with the lemon wedges and a small jar of chaat masala, if using.

• Recipe courtesy of chef and Good Things Guest Editor alumnus Alfred Prasad alfredprasad.com



RECIPE

CLÁUDIO CARDOSO'S HERITAGE CARROT AND ASPARAGUS CEVICHE

• SERVES: 4-6 AS PART OF A PICNIC SPREAD

INGREDIENTS

FOR THE DRESSING:

- 50g fresh coriander
- 20g jalapeño pepper
- 20ml rice vinegar
- 10ml olive oil
- salt, to taste

FOR THE CEVICHE:

- 100g Heritage carrots (a mix of colours)
- 100g mixed white and green asparagus
- 20g red onion
- 20g yellow peppers
- 20g breakfast radish

TO SERVE:

- 3g red amaranth cress (or other cress)
- 5g edible flowers of choice

METHOD

For the dressing, blitz all ingredients together in a powerful blender to yield a smooth sauce. Season, decant into a screwtop jar, and reserve.

For the ceviche, wash all the vegetables and make shavings with a sharp peeler. Keep on ice until ready to pack up. For your picnic, pack the jar of dressing, a lidded box of the cut vegetables (surrounded by ice packs to keep them cool), and the cress and edible flowers. When ready to serve, toss the chilled vegetables with the dressing, garnish with the edible flowers, and eat immediately.

• Recipe courtesy of Cláudio Cardoso, Good Things' Guest Editor alumnus and Executive Chef at SushiSamba London sushisamba.com



RECIPE

MARTIN MORALES' HUEVOS CRIOLLOS – 'CREOLE EGGS'

• SERVES: 4-6 AS PART OF A PICNIC SPREAD

INGREDIENTS

- 2 tbsp olive oil
- 1-2 Amarillo chillies (or medium-hot red chillies), finely chopped
- 1 medium onion, finely chopped
- 3 cloves of garlic, finely chopped
- 240g morcilla meat (Peruvian blood sausage), crumbled
- 120g cooked white quinoa
- 6 Burford Brown hen eggs, boiled for 5 minutes, plunged into iced water, and peeled

TO COAT AND COOK:

- 3 tbsp gluten-free flour or quinoa flour
- 1 large egg, beaten
- 120g cooked white quinoa
- oil, for deep-frying

METHOD

Heat the oil in a frying pan set over medium-low heat and sauté the chilli, onion, and garlic and oil for 7-10 minutes, then blend to a paste. In a bowl, combine the paste with the morcilla and quinoa, and mix well.

Spread one sixth of the mixture on a square piece of clingfilm, place a peeled egg in the centre, and lift the clingfilm to completely enclose the egg in the meat mixture. Remove the clingfilm and smooth the outside of the formed *Huevo Criollo*.

Arrange the flour, beaten egg and quinoa in three shallow dishes and coat each egg first in the flour, then the egg, and finally the quinoa. Chill until ready to cook.

To cook, heat oil for deep-frying, and cook the coated eggs for 5 minutes until golden-brown. Drain on kitchen paper, cool, and transport to your picnic in a coolbox.

• Recipe courtesy of Martin Morales, founder of Ceviche Soho, Andina, and Ceviche Old St cevicheuk.com



RECIPE

DAN DOHERTY'S MIDDLE WHITE PORK SAUSAGE ROLLS

• MAKES 8

INGREDIENTS

- 500g puff pastry
- plain flour, for dusting
- eggwash (2 eggs beaten with 50ml milk)

FOR THE SAUSAGE MIX:

- 200g Middle White pork (or any other rare breed pork you can get), minced
- 100g foie gras, deveined and cut into 1cm cubes
- 2 Cumberland sausages, skins removed
- 50g breadcrumbs
- 1 sprig of fresh parsley, chopped
- 4 tbsp confit shallots
- 4 cloves of confit garlic
- 1 sprig of fresh thyme, leaves only
- 8 Agen prunes, soaked in brandy overnight and chopped into 1cm pieces
- sea salt and freshly ground black pepper

METHOD

First, make the sausage mixture. Mix all ingredients together and season with salt and pepper.

On a floured surface, roll out the pastry 2mm thick and cut it into 8 rectangles, each 15x10cm. One rectangle at a time, and on one half spoon the mixture in a sausage-like line down the longer side. Egg wash, then fold over the pastry and seal with a fork. Put on a baking tray lined with baking paper, and make 3 cuts in the top for the steam to escape. Refrigerate for at least 30 minutes to firm up the pastry.

Preheat your oven to 180C/gas mark 4. Take the tray of sausage rolls out of the fridge and egg wash the tops and sides. Place them in the middle of the oven and cook for about 20-25 minutes, or until golden-brown.

• Recipe from 'Duck & Waffle: Recipes and Stories' by Dan Doherty published by Mitchell Beazley



RECIPE

ALFRED PRASAD'S CHICKPEA AND EDAMAME SUNDAL

• MAKES 4-6

INGREDIENTS

- 1 tbsp rapeseed, olive, or vegetable oil
- 1 tsp black mustard seeds
- 2 dried red chillies, deseeded, each broken into 3 pieces
- 1 sprig fresh curry leaves, washed
- a pinch of asafoetida (optional)
- 1 x 400g tin of chickpeas, rinsed and drained
- 2 tbsp edamame beans
- 1 large, firm-fleshed mango (not too ripe), diced
- 2 tbsp grated coconut (fresh or frozen)
- ½ lemon, juice only
- fine sea salt, to taste

METHOD

Heat the oil in a large frying pan set over medium heat, add the mustard seeds, and cook for around 10 seconds until they pop.

Add the torn red chillies, curry leaves, and asafoetida, and sauté for a further 15 seconds. Add the chickpeas, toss well, and cook for 2 minutes. Add the edamame beans and cook for another minute.

Transfer the contents to a large bowl. Combine rest of the ingredients, toss all together, and transfer to a lidded container. Enjoy chilled or serve at ambient temperature.

• Recipe courtesy of Alfred Prasad, Good Things Guest Editor alumnus and chef alfredprasad.com



RECIPE

GRAHAM SQUIRE'S SCOTCH EGGS

• **MAKES 6**

Made using eggs from our on-site hens, and served with plenty of English mustard, a great summer dish.

INGREDIENTS

- 200g sausagemeat
- 200g minced chicken thigh
- ¼ a bunch of fresh tarragon, chopped
- 1 onion, finely chopped and cooked in butter until soft
- 1 lemon, zest only
- salt and pepper, to taste
- 6 eggs

FOR COATING:

- 100g flour
- 2 eggs, beaten
- 250g fine breadcrumbs

METHOD

In a large bowl, combine the sausagemeat, minced chicken, tarragon, onions, lemon zest, and seasoning, then set aside. Bring a large saucepan of water to the boil and boil the eggs for 6 mins, then immediately plunge into iced water. When cool enough to handle, peel, coat each egg completely in the meat mixture, and chill in the refrigerator.

Preheat the oven to 180C. Coat each formed Scotch egg in flour, then egg, then breadcrumbs. Heat oil for deep-frying to 190C, and fry until golden. Drain on kitchen paper, then cook in the oven for 4 minutes. If you're picnicking soon, pack to eat warm; alternatively allow to cool and pack into a cool box to eat cold.

• *Recipe courtesy of Graham Squire, Head Chef at The Lickfold Inn thelickfoldinn.co.uk*



RECIPE

MAURIZIO MORELLI'S PIADINA ROMAGNOLA

• **MAKES 4**

These delicious stuffed flatbreads are filled with an irresistible mix of stracchino cheese, Parma ham, and rocket.

INGREDIENTS

FOR THE DOUGH:

- 250g '00' flour
- 25g unsalted butter, softened
- pinch of salt
- 120ml water

FOR THE FILLING:

- 150g Parma ham
- 150g stracchino cheese
- 50g rocket

METHOD

For the dough, mix the flour with the soft butter and salt in a large bowl, slowly add the water, and mix to form a dough. Turn onto a work surface and knead for 10 minutes until smooth.

Cover the dough with a damp cloth and let it rest for 1 hour at room temperature.

Divide the dough into 4 equal-sized balls. Roll out each ball on a lightly-floured surface to make a 1mm-thick disk measuring approximately 27cm in diameter.

Heat a large nonstick pan over medium-high heat and cook the disks one at a time for around 2 minutes each, turning every 30 seconds.

Spread the stracchino cheese over half of each cooked piadina, then top with slices of Parma ham and rocket leaves. Fold the piadine into half-moons, then wrap in napkins and place in your picnic bag. Best enjoyed accompanied by a cool beer.

• *Recipe courtesy of Maurizio Morelli, Good Things' Guest Editor and Chef-Patron of Latium latiumrestaurant.com*



RECIPE

ROHIT GHAI'S MANGO PUDDING

• **SERVES: 4**

A light refreshing dessert made using fragrant Alphonso Mangoes.

INGREDIENTS

- 400ml full-fat milk
- 40g sugar
- 60g pudding rice, soaked in warm water for 20 minutes
- 100g whipping cream
- 350g Alphonso mango pulp
- 9 tbsp diced fresh Alphonso mango flesh
- 4 tbsp crushed roasted pistachios, to garnish

METHOD

In a large saucepan set over medium heat, bring the milk to the boil. Add sugar and stir to dissolve.

Drain the soaked pudding rice and add to the milk. Cook until al dente, then add the whipping cream and leave to cool. Stir in the mango pulp and fresh mango.

To take to your picnic, pack into individual lidded containers, with the pistachios packed separately. Keep cool until ready to eat, then garnish with the roasted pistachios and serve.

• *Recipe courtesy of Rohit Ghai, Group Head Chef for Gymkhana, Trishna, and Verandah in Copenhagen. See gymkhanalondon.com, trishnalondon.com and verandah.dk*



HOME DINING NIGHT

IMPRESSIVE IFTAR AFFAIR

Images by Good Things


The sharing of food has a powerful ability to transcend cultural differences, satiating both appetite and curiosity. In the month of **Ramadan**, **Zoe Perrett** invites everyone to indulge in a lavish after-dark feast from a host of chefs and food-lovers

During the Islamic month of Ramadan, the vast majority of Muslims keep total fast during daylight hours; without a morsel of edible or sippable sustenance passing their lips for up to eighteen long, and often hot draining summer hours. Fasting is one of the five pillars of Islam, intended not as a means of self-flagellation but as a time for introspection and the chance to enhance the strength of one's faith.

In a society where instant gratification is key, it's easy to perceive the forgoing as any sort of pleasure as completely undesirable, but Ramadan is not one of misery and parsimony; rather, celebration and abundance – especially after dark, when extended families and friends gather to share the daily ritual of prayer and breaking the day's fast. Whether a humble dates-and-water repast or a lavish multi-course spread, the '*Iftar*' - post-moonrise meal - is relished with an appetite both physical and spiritual. In the West, there's a growing trend for Muslim households

and institutions to invite their non-Islamic peers to share in both the spread and the traditions, the Iftar-sharing fostering community, understanding, and friendship.

Worthy of note is the Ramadan Tent Project, founded by a mixed-faith group of students from SOAS, University of London in 2013. Offering a free, volunteer-cooked evening meal to all-comers, the London tent is an annual hive of activity during the month, and the initiative has now spread to sites in Manchester, and, somewhat further afield, Turkey and Zambia.

The call to prayer might not echo through the British streets as it does in the East, and, indeed, you may not be Muslim, but these recipes and Ramadan recollections from fine chefs and foodies will surely foster a healthy appetite for both the food itself and for appreciating the customs of another culture. 

RAMADAN REFLECTIONS

A selection of food-lovers share their Iftar memories:

Sabbir Karim, chef-patron of Salaam Namaste and Namaaste Kitchen

Sabbir fondly describes a traditional Iftar: 'The whole family sits together on a dastarkhwan (a ceremonial dining cloth which is laid beneath a big, 'feasty' spread served on the floor), and wait for the *Azaan* (Iftar time).'

'Fried items like samosas and pakoras are very popular, along with kebabs, fruit *chaat*, and *dahi bhalla* - yogurt-soaked dumplings with various relishes. Fresh juices and shakes are comforting favourites - mango lassi and homemade lemon sherbet are musts in our house. My own favourite is *seviyan kheer* - a dessert of roasted vermicelli cooked in sweetened milk.'

[Discover more about Sabbir's London restaurants at salaam-namaste.co.uk and namaastekitchen.co.uk](#)

Shayma Saadat, food writer, stylist, photographer, and founder of food blog The Spice Spoon

Persian-rooted Pakistani-Afghan Shayma recalls the Ramadans of 'white-hot summers in Lahore.'

We'd eat naan from the local tandoor with *chana masala* - ginger-fragranced chickpeas. My father and I would share a plateful - it was a ritual between the two of us - adding fresh coriander, mint leaves, and squirts of lime to feed our love for all things spicy and sour.

'Were I to host an Iftar party today at my Toronto home, I would serve milky, cardamom-laced tea; *chana masala* with bread from the local Persian bakery; a roasted vegetable and strained yoghurt dip (see recipe) with olive oil crackers; and I would always make my delicious cardamom brownies.'

[Read more from Shayma at The Spice Spoon thespicespoon.com](#)

Kulsum Kunwa, founder of food blog Journey Kitchen

Born and raised in Kuwait, Kulsum is part of the Bohra community - a Mustali subsect of Islamili Shia Islam which originated in Yemen. Of Iftar, she says, '*Khajur ka halwa* is very popular, a sheer *khurma*-like drink with nuts and ghee,

the famous *Bohra kheema samosa*, and also *kheema pattice*. Community Iftars have moved towards a healthier approach; breaking fast with only dates and water, with dinner served and hour later - usually traditional Bohra food: with dessert served first, before a starter and a rice dish.'

[Read more from Kulsum at Journey Kitchen \(journeykitchen.com\)](#)

Rejina Sabur-Cross, food writer and founder of food blog Gastrogeek

The London-based food writer says, 'Our Iftars always include dates, lemon sharbat (basically homemade lemonade) and soaked chickpeas with salt and ginger. Then it's usually a vegetable or fish curry and maybe pulao rice or biryani. It's funny, but we never eat tons and tons - I think because your stomach just can't handle it all after having nothing for so long. Hydration is pretty important though.'

[Rejina's cookbook 'Gastrogeek: What to eat when you're in a hurry, hungry or hard up' is published by Kyle Books](#)

Sumayya Usmani, food writer, cookery teacher, and founder of food blog My Tamarind Kitchen

Sumayya recalls Iftar traditions in her native Pakistan: 'That first '*roza*' (fast) was always the most challenging. Suddenly the siren would be sounded and a call to prayer from the mosque, carrying a weighty dusk dew. Instantly I would find myself inside, greeted with wafts of spicy sweet treats, my eyes drawn only to that ruby-coloured beverage '*Rooh Afza*' in a tall frosted glass with tiny, tadpole-like sweet basil seeds swimming at the rim. Once satiated, the feast would begin with the first bite of a crisp pakora.'

'Decor for the Iftar table would be kept simple: we let the colours, textures and varied dishes do the talking! In my memoir-based cookbook, I recollect many recipes and memories of growing up in Pakistan and rejoicing this sacred month of contemplation, perseverance, and celebration of food.'

[Sumayya's debut cookbook, 'Summers under the Tamarind Tree', is published in spring 2016 by Frances Lincoln](#)



RECIPE

ROASTED COURGETTE AND YOGHURT DIP

• SERVES: 2 AS A DIP OR SIDE DISH

In Pakistan, yoghurt combined with a cooked vegetable is often referred to as '*raita*', but I find that when we are dealing with a thicker yoghurt dish, the term '*bharta*' is more fitting. If you want your vegetables to caramelise for this tasty appetiser, you should not use a non-stick frying pan.

INGREDIENTS

- 6 tbsp olive oil
- 1 shallot, thinly sliced
- sea salt, to taste
- tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- tsp red chilli powder
- 500g courgettes, halved lengthwise and cut into half moons
- 1 clove garlic, minced
- 250g full-fat Greek yoghurt (or any other strained, thick yoghurt)
- ½ fennel bulb, sliced, tough outer skin discarded, fronds reserved
- pinch of paprika, to garnish

TO SERVE:

- lavash, pitta, sourdough, or any other bread or crackers

METHOD

Place a large pan over a medium-high heat and add half the olive oil, the shallots, salt, spices, and sliced courgette. Cook for 7-10 minutes - don't let the courgette overcook or disintegrate. Turn the heat up to high, add the garlic, and let the courgette slices turn golden, blister, and slightly char, flipping them and adding extra oil if they stick. Place a medium pan on medium-high heat and add the remaining olive oil and the sliced fennel. Sauté gently for 10-15 minutes till wilted, then set aside and allow to cool. Remove the courgette from the pan with a slotted spoon, transfer to a chopping board, and finely chop. Repeat with the fennel, reserving two tablespoons to add as a garnish. Gently combine the chopped courgette and fennel with the yoghurt. Season to taste and adorn with the reserved fennel, olive oil, paprika, and fennel fronds. Enjoy with lots of warm bread.

• Recipe courtesy of Shayma Saadat thespicespoon.com



RECIPE

SPICED POTATO FRITTERS

•SERVES: 4-6

This is a popular dish in Gilan, a province in Iran near the Caspian Sea. Eat while hot and crispy, alongside a creamy, herbed yoghurt; or sandwiched between *noon-e-barberi* bread and Iranian panir cheese with fresh herbs.

INGREDIENTS

- 500g potatoes, scrubbed and quartered
- 4 eggs
- 1½ tsp bicarbonate of soda
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp ground turmeric
- 1 tsp saffron threads, crushed to a powder
- oil, for shallow-frying

METHOD

Boil the potatoes in large saucepan of salted water for 10-15 minutes, or until fork-tender. Drain, cool, remove the skins, and mash until lumpy. Set aside.

In a separate bowl, add the eggs, bicarbonate of soda, baking powder, salt, pepper, turmeric, and saffron. Beat to combine.

Add the egg mixture to potatoes and stir gently to combine. The mixture will be thick.

Place a large non-stick frying pan over medium high heat and add a few tablespoons of oil for shallow-frying.

Drop in tablespoons of the mixture and fry for about 30 seconds on each side, until golden. Serve hot, with thick yoghurt and fresh herbs.

•Recipe courtesy of Shayma Saadat
thespicespoon.com



RECIPE

CHICKPEAS WITH POPPY SEEDS

•SERVES: 4-5

This recipe was a staple of my home at Iftar time and Eid. The chickpeas retain a bite and are tossed in a simple poppy seed tempering. Eat warm or cold, with sweet and savoury main dishes.

INGREDIENTS

- 500g dried black chickpeas, soaked in water overnight
- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- ½ tsp nigella seeds (*kalonji*)
- 2 tbsp white poppy seeds
- 1-2 red onions, cut into fine rings
- 100ml ready-made tamarind chutney
- salt, to taste

TO GARNISH:

- coriander leaves
- chopped green chilli
- 2 medium tomatoes, deseeded and chopped into medium pieces

METHOD

Drain the soaked black chickpeas, place in a saucepan, cover in fresh water, and boil for 30-40 minutes, until soft (note - these don't get as soft as regular chickpeas and retain a slight bite).

In a saucepan set over medium heat, heat the oil, then add the cumin, nigella, and poppy seeds, cooking for about 1 minute until they pop. Add half the red onions and cook for about 3 minutes, stirring constantly, until just slightly soft, allowing them to retain a little crunch. Add the cooked black chickpeas and stir through.

Turn off the heat and add the tamarind chutney and garnishes. Serve warm or cold.

•Recipe courtesy of Sumayya Usmani
mytamarindkitchen.com



RECIPE

SAFFRON CHICKEN KORMA

•SERVES: 4-6

A simple chicken curry that is made using saffron, which gives a wonderful pungent aroma and a vibrant colour. The chicken is cooked on the bone to keep it really succulent and juicy.

INGREDIENTS

- 50g ghee (or 40ml oil)
- 250g onions, finely sliced
- 1-inch piece fresh ginger, puréed
- 4 cloves garlic, puréed
- pinch of saffron threads, soaked in 2 tsp hot water
- ½ tsp ground cinnamon
- 1 tsp ground cardamom
- 1 ½ tbsp ground coriander
- 1 tbsp red chilli powder
- 50g full-fat yoghurt
- 1 whole chicken, cut into pieces on the bone
- salt, to taste

METHOD

Melt the ghee in a large pan set over medium heat, add the onions, and fry until golden brown. Remove from the pan and set aside.

In the same pan, fry the puréed ginger and garlic for 1 minute, then add the saffron and its liquid, the ground spices, and the yoghurt. Stir well and continue to cook until oil appears on the surface. Add the chicken pieces, stir, and fry until half-cooked.

Purée the reserved fried onions, add to the chicken, then season, mix well, and cook, covered, until the chicken is cooked and tender, adding up to 125ml of water as required to loosen the sauce. Check seasoning and serve hot, with rice or roti.

•Recipe courtesy of Cinnamon Culture
cinnamonculture.com



RECIPE

HYDERABADI LAMB BIRYANI

• SERVES: 4

For perfect results, the rice must be soaked, and the entire cooking process should take around 50 minutes – and no longer than an hour.

INGREDIENTS

FOR THE LAMB:

- 500g lamb pieces, some on the bone
- 100g full-fat yoghurt
- salt, to taste
- 1 tbsp puréed ginger
- 1 tbsp puréed garlic

FOR THE BIRYANI:

- 500g basmati rice
- 150g ghee
- 2 black cardamom pods
- 4 bay leaves
- 1 cinnamon stick
- 4 green cardamom pods
- 2 cloves
- 2 large onions, thinly sliced
- 1 tbsp puréed ginger
- 1 tbsp puréed garlic
- 1 tbsp ground turmeric
- 1 tbsp ground cumin
- ½ tbsp red chilli powder
- 100g full-fat yoghurt
- 25g coriander, chopped
- handful of mint leaves, chopped
- 100g tomatoes, chopped
- 2 tbsp lemon juice

FOR THE SAUCE:

- 2g saffron threads, boiled in 30ml water to infuse
- 1 tbsp lemon juice
- 50g full-fat yoghurt

TO GARNISH:

- few drops kewra water (screwpine leaf extract, available from South Asian stores)
- thumb-sized piece fresh ginger, peeled and Julienned
- thinly sliced, crisp-fried onion

METHOD

For the lamb, combine the yoghurt, puréed ginger and garlic, and salt in a large bowl. Add the lamb, mix to ensure the meat is evenly coated in the mixture, and set aside for at least 1 hour (or overnight in the fridge). For the biryani, wash the rice, then leave to soak in clean water for at least 1 hour.

Meanwhile, melt the ghee in a large, heavy-bottomed pan with a tight fitting lid set over medium heat. Add the whole spices, and when they crackle, add the onion and cook, stirring, until golden. Add the puréed ginger and garlic and cook for 2 minutes, then add the ground spices and marinated lamb. Mix well to coat the meat with spices, and cook for 15 minutes until the meat has browned. Add the yoghurt, coriander, mint, tomato, and lemon juice and cook for 15 minutes more.

Drain the rice and add to the pan, then pour in enough water to come 1 inch above the rice. For the sauce, combine the saffron liquid, lemon juice and yoghurt and pour evenly over the surface.

Cover the saucepan tightly with foil, then a clean tea towel, and then the lid. Reduce the heat to very low and cook for 20 minutes, until the water is absorbed and the rice is cooked. Open the pan and lightly fluff the grains with a fork. Sprinkle over the kewra water, Julienned ginger, and fried onions to serve.

• Recipe courtesy of Cinnamon Culture cinnamonculture.com



RECIPE

INDIAN DATE PUDDING

• SERVES: 4-5

INGREDIENTS

- 250g stone-in Khalas dates (or any dark-skinned, soft, sweet variety)
- 1 tbsp ghee
- 480ml full-fat milk
- 1 tsp ground cardamom
- a generous pinch of saffron threads
- 2-3 tbsp condensed milk (to taste)
- pistachios (or your choice of nuts), to garnish

METHOD

Melt the ghee in a deep-bottomed saucepan set over medium heat. Add the dates and let them toast in the ghee for about a minute till the mixture slightly darkens further.

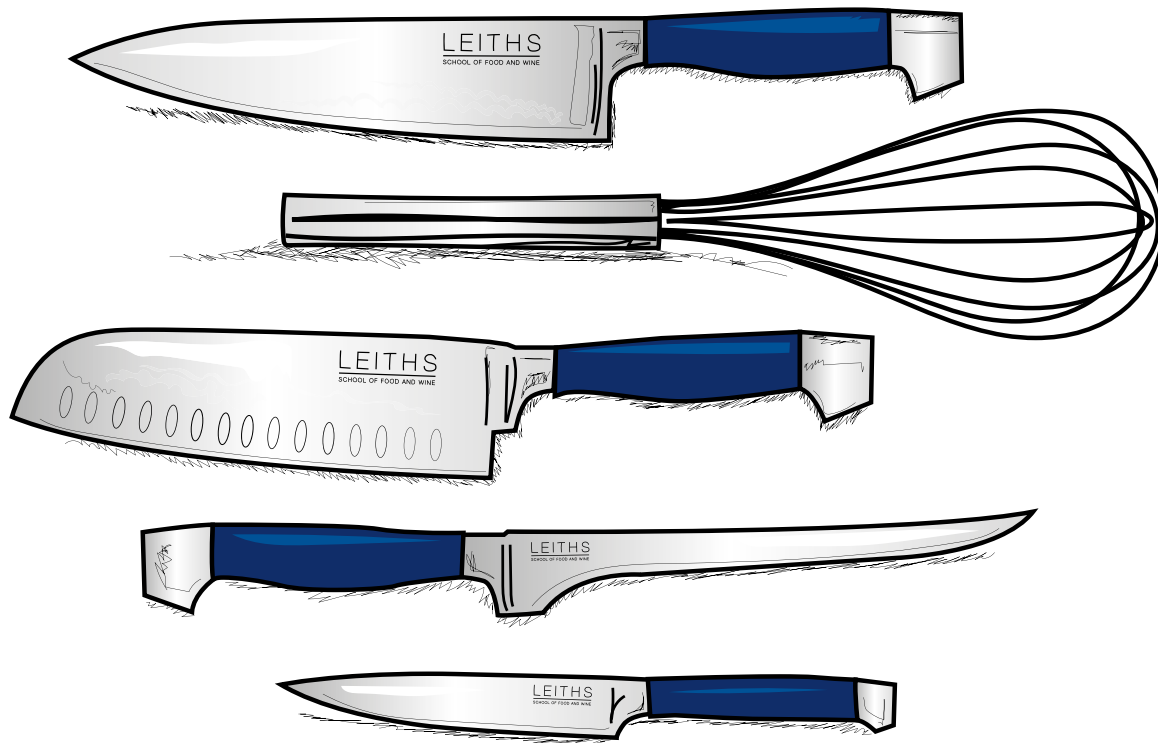
Add the milk, cardamom, and saffron, and mix well. Once mixture starts to thicken, taste it and add condensed milk to sweeten as liked.

The halwa is done when the mixture drops from a spoon when lightly banged on the side of the saucepan. It will thicken further as it cools.

Set in the refrigerator for about 1 hour before serving, garnished with nuts.

• Recipe courtesy of
Kulsum Kunwa journeykitchen.com

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HOLD YOUR OWN AT THE DINNER TABLE: RAMADAN

This month, Muslims will embark on a month's-worth of daylight fasting ahead of Eid.
Zoe Perrett explores all that's involved with Ramadan's rituals

For non-Muslims, high summer means days punctuated by fresh fruits, indulgent ice creams and long, cool drinks whenever one fancies. But for followers of Islam, the arrival of Ramadan month means eating and drinking only occurs under cover of darkness. It's a fine test of faith; involving up to nineteen hours of total abstinence. The mercury may be rising, but one must wait until the sun sets before slaking thirst and satiating hunger.

Who foregoes food and drink?

As fasting is one of the five pillars of Islam, anyone observant who is considered fit to go without for the day's duration – with the exception of young children; menstruating, pregnant, or lactating women; the insane; the elderly; and the chronically ill.

Does fasting bring benefit?

Muslims believe that Ramadan's rituals have positive social, physical and moral impact. Observing religious fasts is thought to foster community, strengthen faith, and pay dividends in the afterlife.

The movement of the moon

Ramadan dates on the lunar Islamic calendar remain static. But because the Western world ascribes to the solar-led Gregorian calendar, the ninth lunar month moves on the latter by an average of eleven days each year; further affected by lunar sightings and one's current location.

- In 2015, Ramadan is estimated to arrive on 18th June and last until 17th July, culminating in the celebration called 'Eid-ul-Fitr'.

The long and the short of it

Longest fast: Reykjavik, Iceland - over 21 hours
Shortest fast: Sydney, Australia – under 10 hours

RAMADAN SPECIALITIES AROUND THE WORLD

There are no set foods for pre-dawn and post-sunset meals, but across the globe, certain specialities are often relished locally...

Arabia

- **Tamar-hindi** a sweet tamarind drink
- **Qatayef** a cheese- or nut-filled, syrupy pastry

Bangladesh

- **Aam-bhat/kela-bhat** rice porridge with mango or banana

Bosnia & Herzegovina

- **Dolma** stuffed, baked vegetables

China

- **Xinjiang noodles** hand-stretched wheat noodles in meat broth

India & Pakistan

- **Pakoraa and samosas** various types of the deep-fried fritters and stuffed pastry parcels
- **Biryani** rice, meat, and spices layered together and steamed
- **Haleem** a rich wheat-and-meat porridge
- **Sheer korma** toasted vermicelli noodles cooked in sweet milk

Ethiopia

- **Dabo** honey bread, a sweet breakfast option
- **Doro wot** a spicy chicken-and-egg stew eaten with injera flatbread

Indonesia

- **Cantik manis** 'pretty sweets' – banana leaf-wrapped mung bean and coconut cakes
- **Timun sari** an iced drink made of refreshing local gourd, 'lemon cucumber'

Morocco

- **Harira** a wholesome, nutritious spiced chickpea and meat (and sometimes noodle) soup
- **Halwa chebakia** a sweet sesame-and-spice cookie, shaped like a flower

Tunisia

- **Brik** A crisp, fried triangular pastry filled with a herby cheese mixture and a runny egg yolk

Turkey

- **Baklava** an indulgent, multi-layered syrupy pastry-and-nut sweetmeat
- **Güllac** a sweet made with layers of milk-soaked rice paper and ground nuts



Timely terminology

Dawn prayer
Fajr
Evening prayer
Maghrib
Morning meal
Suhoor
Evening meal
Iftar

MAKE A DATE TO BREAK FAST

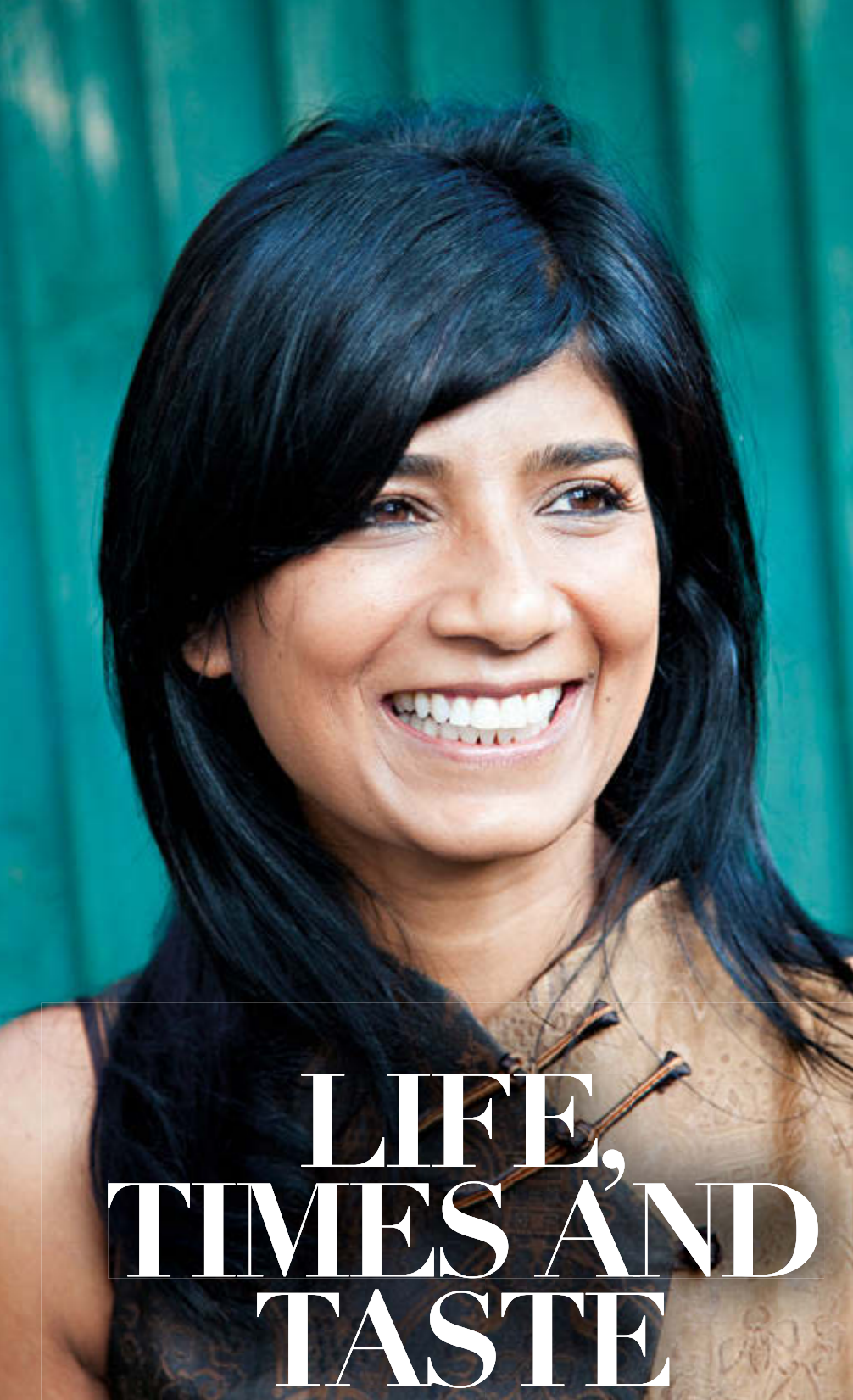
Dates are the traditional items with which to break a fast (iftar), taken along with milk and water in the manner of the Prophet.

Record-breaking fast-breaking banquets

The sharing of a festive feast after sun-down and moon-up has become common practise in Muslim communities the world over. According to the Guinness Book of Records, the longest iftar table documented was set at Al Noor mosque in Sharjhar, Dubai, in July 2013. Measuring 1003 metres in length, it accommodated over 2,000 people for the evening meal.

TWEET'N'EAT

To ascertain what time to break fast, observant individuals can tweet @AlArabiya, hashtagging #iftar and their city name. The reply will reveal the precise time for that day.



LIFE, TIMES AND TASTE

FROM THE GARDEN TO THE TABLE

The Good Things' Associate Editor & founder of West London's **Anjula Devi Cooking School** shares teenage memories and a recipe that reflects the 'garden to table' philosophy of her cooking

One of my favourite ways to spend time as a teenager was in the garden of our Southall family home. In the front garden, Mum had filled two ponds with soil and used them as beds for a beautiful array of coloured flowers. The back garden, meanwhile, was my dad's space, where he had a makeshift greenhouse and grew an incredible assortment of vegetables and herbs.

We grew all kinds of vegetables - marrows, carrots, onions, *moongra* (a radish pod) - along with so many potatoes that they inevitably became our staple diet. We had potatoes with just about everything! I have wonderful memories of going into the garden with a huge gardening fork and pulling the potatoes from under the soil; sometimes five or more at a time.

In most Asian families, cooking is traditionally the women's role, but as I'm sure that regular readers have gathered by now, it was my dad who did most of the cooking in our home, with me as his very willing apprentice.

I would take the potatoes straight from the garden into the kitchen, give them a wash, and immediately cook with them. Most Indian spices lend themselves exceptionally well to potatoes; in fact, I have such a large portfolio of recipes dating back to my early years that I recently embarked on sharing my ideas for 'one hundred different ways to cook potatoes' on Twitter - hoping to surprise people who didn't realise their versatility in the Indian kitchen.

I remember a teenage visit to a traditional *chaat* house with my Dad, to check out the venue that one of his friends had acquired. Dad was greeted with a warm hug, and then taken to see the kitchen. I remember thinking how the steel services gleamed, and wondering why we couldn't have a kitchen just like it at home.

Sitting in the restaurant, we ordered *aloo paratha*, served with mango pickle and yogurt.

The parathas came out looking rather pale, and with a very skimpy potato filling. I could see my dad's eyes scrutinising these *parathas*, and then, smiling broadly, he mischievously said, 'My friend, these are not aloo parathas. My daughter can make them so much better than this. Anjula, go into the kitchen and show my friend what an aloo paratha should look like; and remember everything that I taught you.'

I was taken, rather reluctantly, back into that gleaming kitchen. The cook told me not to over-fill the paratha, otherwise I would not be able to roll it out. But I stayed focused on my dad's previous tuition; 'There is no point in making an *aloo paratha* unless you can see the *aloo*!'

“My friend, these are not aloo parathas. My daughter can make them so much better than this. Anjula, go into the kitchen and show my friend what an aloo paratha should look like”

The cook rolled his eyes as I piled potato into the rolled out *chapatti* dough, shaking his head when I carefully brought the dough together in the middle, twisted it, and took off the excess before proceeding to pat it down with my hands until

it was twice the size that I started with. I nervously placed it onto the hot *tawa*, coating it with butter, and cooked until it was golden and crisp.

My dad jovially ruffled his friend's hair. 'That's how you make an *aloo paratha*.' His friend laughed and asked my dad if I could come in at 6am every Saturday and Sunday. My dad's retort was, 'No, but she can teach your cooks if you want her to!' By now, I was feeling extremely embarrassed about the whole episode, and didn't speak a word to Dad all the way home.

Nowadays, my favourite humble potato dish is *aloo sabji*. The recipe that I have shared here is an adaptation of my dad's.

We didn't have access to fresh pomegranate when I was young, but today I love cooking with the seeds, which impart both a special taste and a wonderful dash of colour. This dish still reminds me of those freshly-dug potatoes from our back garden, and how, not long after they left the earth, they were hungrily consumed around our family table, alongside a stack of fresh chapattis smothered in butter. 

ANJULA'S TOP 10 INDIAN POTATO DISHES

- Potato and pomegranate sabji (see recipe)
- Aloo paratha
- 'Waiting for pay day curry' (black chickpea, egg and potato curry)
- Potato baskets filled with medu vada (savoury 'donuts') with yogurt and chutneys
- Mumbai sandwich
- Samosa chaat
- Aloo pakora
- Potato and lamb chop curry
- Rhubarb and potato curry
- Pani puri filled with chickpeas and potatoes

All these recipes, and many more, are featured in Anjula's current Twitter campaign, 100 Ways to Cook Potatoes. See more at twitter.com/anjuladevi and join the conversation with the hashtag '#100waystocookpotatoes'

NEXT ON THE MENU

In the next Good Things, Anjula shares more of the authentic Indian recipes which she and her father developed during her teenage years

MORE FROM ANJULA

Visit: anjuladevi.com Follow: @Anjuladevi on Twitter



RECIPE

POTATO AND POMEGRANATE SABJI

• SERVES: 4

My dad always taught me that you can make 'something from nothing'. By cooking the humble potato with a fantastic blend of spices and treating it the right way, you can make an amazing dish.

INGREDIENTS

- 1 tsp dried pomegranate seeds, soaked in 3 tbsp water
- 4 tbsp vegetable oil
- 4 medium Desiree potatoes (or variety of your choice), parboiled and diced
- 1 tsp asafoetida
- ½ tsp ajwain (carom seeds)
- 1 tsp cumin seeds
- 1 tsp red chilli flakes
- 1 tsp coriander seeds, ground
- ½ tsp ground turmeric
- 2 tsp jaggery
- 1 tsp Qasuri methi (dried fenugreek leaves)
- 1-inch piece fresh ginger, finely chopped
- 2 green chillies, finely chopped
- 2 cloves of garlic, finely chopped
- 2 onions, finely chopped
- salt, to taste
- handful of fresh pomegranate seeds
- small bunch of fresh coriander, chopped

METHOD

Grind the soaked pomegranate seeds with the water to a smooth paste and set aside.

Heat oil in a pan set over medium heat, add the potatoes, and fry gently until starting to turn golden.

Add the asafoetida, ajwain, cumin, chilli flakes, fresh-ground coriander, turmeric, jaggery, and fenugreek, and cook for 2 minutes.

Add the ginger, green chillies, garlic and onion to the pan and sauté for 5 minutes.

Add the pomegranate paste and cook for a further 5 minutes, then remove from heat and season to taste. Garnish with fresh pomegranate seeds and chopped coriander, and serve.

• Recipe courtesy of Anjula Devi anjuladevi.com



TRS FOODS ARE AVAILABLE AT ASDA.COM AND YOUR NEAREST ASIAN GROCERS

FATHER'S DAY, THE CHEFS' WAY



Images by Peter Cassidy

Eliza Welsford discovers why beef and barbeques will take a starring role this Father's Day for a trio of Leiths-trained professional chefs

Over the years, Leiths School of Food and Wine has seen some of Britain's biggest culinary talents pass through its doors, many going on to earn enviable reputations for their career achievements. **Henry Harris** spent eight years cooking with Simon Hopkinson before taking over the Fifth Floor restaurant at Harvey Nichols. In January 2015, Racine, the restaurant Harris set up in Knightsbridge in 2002, closed its doors; but fans need not despair. 'I love restaurants,' he says, 'I'm looking forward to doing it all over again.'

Joe Mercer-Nairn worked in the kitchens of the Savoy Grill before spending two years at Chez Bruce. After a six-month stint at Rock Pool in Sydney, he returned to Chez Bruce before setting up his award-winning Chelsea restaurant, Medlar. **Michael Cropp** came to Leiths with the ambition of becoming a restaurant chef. He left with the title of 'Student of the Year' and worked at La Tropic before moving to The Glasshouse. He later returned to Leiths, rising from the junior teaching ranks to Class Teacher, inspiring and guiding students including today's aspiring restaurant chefs.

How will you spend Father's Day?

Michael: With my dad, wife, and the kids (Rose, four, and Louis, one). I'll do some of the cooking but everyone will be roped in. If I'm lucky, dessert will be made by the kids. It will be chocolate as that is Rose's favourite. We'll have roast beef - or a barbeque if the weather is fine - with a butterflied leg of lamb marinated with a Creole spice rub.

Henry: My sons (nineteen and twenty two) will be back from university to spend it with my wife, daughter (fifteen) and I. It'll be my son's twentieth birthday so it will be a joint celebration. Everyone will cook together, and on the menu will be slow-cooked beef brisket; brined, marinated, and cooked on the barbecue if it's hot enough to eat in the garden. We'll have it with seasonal asparagus and new potatoes, with langoustines to start if they are available, and cheese to finish.

Joe: On a Cornish beach enjoying a barbeque with my kids Fergus (five), Florence (four) and Gussy (one). There will be lots of squid, fish, and beef steak. Fergus will help, though he'll probably be more interested in the fire. For dessert it will be their favourite - Cornish vanilla ice cream.

Did your dad cook while you were growing up? If so, what was his speciality?

Henry: He took control of the barbecue, cooking everything from squid to legs of lamb and rump steaks to be carved at the table.



Joe
Mercer-Nairn



Michael Cropp



Henry Harris

Michael: Mine isn't a cook, but he always took part in the Sunday roast. He was responsible for the potatoes and carving.

Joe: Dad cooked a little. He particularly loves making omelettes, and his speciality is Baked Alaska!

What's the most important lesson about food or cooking you learned from your dad?

Joe: Light the barbeque early.

Michael: Try everything! Dad's a fussy eater.

Henry: To not overthink it. My father's approach was to treat food simply and let the ingredients speak for themselves.

Which of your specialities can't your children get enough of?

Michael: My homemade tomato sauce; and they adore fresh fish, whether steamed, pan-fried, or roasted - especially lemon sole.

Joe: My kids are totally obsessed with the sourdough leftovers I bring back from the restaurant.

Henry: Bossam, a Korean slow-cooked leg or shoulder of pork served with oysters. It's based on the dish served at David Chang's Momofuku restaurant in New York. The pork is cured in salt and sugar and slow roasted for around eight hours until it collapses.

What's the most important lesson you hope to teach your children about cooking?


Michael: To take pleasure in both cooking and eating food. Half the fun of cooking is the reward of seeing others enjoy it. It's a social activity.

Henry: To use good quality ingredients, and to eat seasonally and healthily.

How do you balance your career with family life?

Joe: Not very well. Medlar had only been open for a fortnight when Florence was born. My wife has just about forgiven me. Fortunately, she is used to my hours, as I've been doing this since I first met her.

Henry: There's no real work-life balance, but when you own your own restaurant, there is more flexibility.

Michael: There is no doubt that teaching has allowed me a more balanced family life. It's important to me to ensure I'm home in time to dine with my daughter and enjoy bath time and bedtime stories. 



RECIPE

CÔTE DE BOEUF WITH BÉARNAISE SAUCE

• SERVES: 1-2

For this method of making chips, the potatoes are fried twice. The initial frying, at a low temperature, is to cook but not colour the chips; this can be done in advance. The second frying, at a higher temperature, heats the chips, crisps them and turns them a golden colour. The beef can be browned well in advance of roasting it in the oven and allowed to cool.

INGREDIENTS

- 1 x 500–600g côte de boeuf/single rib eye, thick-cut on the bone
- 1 tbsp olive oil
- salt and freshly ground black pepper

FOR THE BÉARNAISE SAUCE

(MAKES 250–300ML):

FOR THE REDUCTION:

- 50ml white wine vinegar
- 50ml water
- 6 black peppercorns
- 1 bay leaf
- 1 small, chopped shallot
- a few tarragon and chervil sprigs

FOR THE SAUCE:

- 150g unsalted butter, at cool room temperature
- 3 egg yolks
- few drops of lemon juice, to taste
- salt and ground white pepper
- ½–1 tsp chopped tarragon
- ½–1 tsp chopped chervil

FOR THE TWICE-COOKED CHIPS:

- 2 floury potatoes
- oil, for deep-frying
- salt

METHOD

For the twice-cooked chips, wash the potatoes, peel and cut into batons, 5cm long and 1cm thick. Immerse in a bowl of cold water until ready to cook. This removes excess starch and prevents the chips sticking together when frying.

One-third fill a large, deep, heavy saucepan with oil, and heat to 195C, or until a small piece of bread dropped into the oil sizzles gently and browns in 30 seconds.

Drain and dry the potatoes thoroughly. You will need to fry them in batches or they may stick together. Lower a handful into the hot oil in a basket and fry for 7–8 minutes until the potato is soft, but has not taken on any colour. Remove the chips and drain them well on kitchen paper. Repeat with the remaining potato. Leave to cool.

Remove the beef from the fridge at least 30 minutes before you intend to cook it. If the beef is not tied, tie it with string to keep it compact (as shown). Heat the oven to 150C/gas mark 2.

For the reduction, put the wine vinegar, water, peppercorns, bay leaf, shallot, chervil and tarragon sprigs in a small saucepan and bring to a simmer. Reduce the liquid by at least two-thirds, then strain to remove the peppercorns, bay shallot and herb sprigs.

To make the sauce, cut the butter into 1cm cubes. Put the egg yolks, a cube of butter and a small pinch of salt in a small bowl. Using a wooden spoon, cream the butter into the egg yolks,

add ½–1 tsp of the reduction and stir to combine.

Half-fill a roasting tin with water and set over a medium heat, to create a warm bain marie. Heat until the water is hand-hot (it should be comfortable to dip your fingers into). A bubble might occasionally rise to the surface, but if you have the water too hot, the sauce will curdle. Turn off the heat.

Stand the bowl containing the egg yolk, butter and reduction mixture in the bain marie, off the heat, and stir until the egg yolks visibly start to thicken.

Beat the remaining butter in, a cube at a time, making sure that the sauce has re-thickened before adding the next cube of butter. As more butter is added, the heat can be turned on to low (but take care that the water does not boil) and the butter can be added more quickly. If the sauce becomes very thick and appears greasy, add a little more reduction or cool water.

Once all the butter has been added, remove the bowl of sauce from the roasting tin, taste it and adjust the seasoning. To achieve a balanced flavour, you may need to add more reduction, lemon juice, salt and ground white pepper. Add the chopped chervil and tarragon. The sauce can be kept for about 30 minutes before serving, by standing the bowl in a warm bain marie, off the heat.

For the steak, heat a frying pan over a medium to high heat until very hot.

Season the beef with salt and pepper. Add the olive oil to the pan, then the beef, and brown well on all sides; this can take up to 5–8 minutes. Remove the beef from the frying pan and transfer it to a roasting tin or, if your frying pan is ovenproof, leave it in the pan.

Roast in the oven for 12–15 minutes for rare, or up to 20 minutes for medium-rare, depending on your preference. (Cooking the beef at this low temperature helps to prevent shrinkage and moisture loss.)

Once cooked, remove the beef from the oven and set aside to rest in a warm place for about 10 minutes.

Heat the oil again to 195C, or until a small piece of bread sizzles and browns in 20 seconds. Fry the chips again, in batches, until they are crisp, golden and piping hot. Drain on kitchen paper and sprinkle lightly with salt.

• Recipe from 'Leiths How to Cook', published by Quadrille

DISCOVER ASIA'S FINEST



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A CUT ABOVE

The Victorinox Swiss Army knife is a classic for good reason – but can the brand’s kitchen counterparts make the cut? **Safrina Nishad** finds out

My old man always had a trusty maroon-handled Swiss Army knife no more than arms’-length away. In my five year-old eyes, he was invincible – and the knife helped him in his every adventure. Today, when I picture the classic Victorinox knife, I think of ruggedness and simplicity.

So I was surprised to learn that Victorinox’s output is rather varied, encompassing knives, perfumes, apparel, watches, and travel gear. A quick survey of their wide product range immediately confirmed my beliefs. This brand is not about the fluff and frills – its wares are serious and functional; and that extends to its tools intended for the kitchen, professional and home. I found out the hard way when I cut my fingers trying to butcher crudités for guests. Now I challenge whoever graces my kitchen to use the fuchsia-handled knife without shedding a drop of crimson – some things are just a rite of passage, especially if you are used to mediocre chopping tools.

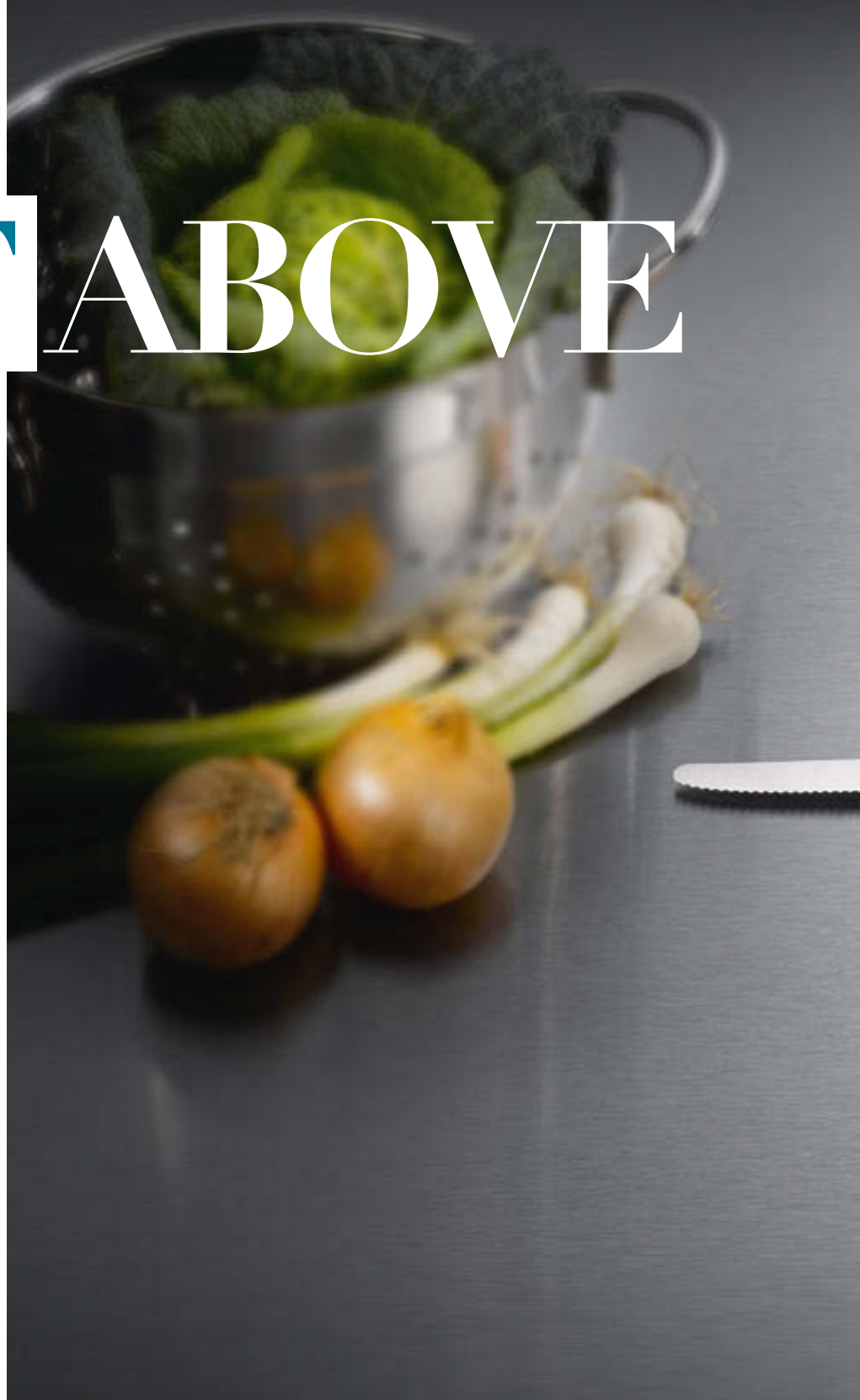
As I like getting my hands dirty, and getting to grips with the nuts and bolts of things, I headed out to Ibach, Switzerland for a tour of the Victorinox factory headquarters for my own slice of the knife-making action. Surrounded by rolling hills, green pastures and lazy, gluttonous cattle in belled collars, the factory is set amidst the peace and quiet of the Schwyz town. The occasional whiff of cow manure in the air only adds to the country charm.

Stepping into the factory brings the brand to life, and reconfirms its hardworking image. Aided by a model of one of the very first Swiss Army knives and many anecdotes, Erwin Muller, head of production, conducts a tour, explaining the factory’s workings in minute detail.

The story unfolds: Way back in 1884, Victorinox founder and industry pioneer Karl Elsener set up a cutler’s workshop in Ibach-Schwyz. The company’s name is an homage to the founder’s mother Victoria, who offered her unwavering support to her son and his venture. In 1891, Karl established the Association of Swiss Master Cutlers, and began delivering the first major supply of the trusty pocketknife to the Swiss Army. And where that particular knife’s enduring popularity is concerned, the rest, as they

say, is history. The Swiss Army knife may remain Victorinox’s best-known product, but at the same time, Karl was also busy developing household knives and surgical instruments – all designed to be, quite literally, a cut above the rest. Progress was facilitated in 1931, when the company introduced the very first all-electric knife hardening plant in the world, ensuring quality control extended to all the steel counterparts in the factory.

Almost a century later, the watch division was launched in North America, along with Travel Gear and other



THE REST

BRINGING A KNIFE TO LIFE

- 01** Blades are stamped from steel raw material. Waste is given back to suppliers for new steel production
- 02** Blades are hardened using special ovens at 1050C
- 03** The blades are etched with the Victorinox logo
- 04** The surface of the blades go through a grinding and polishing process with the help of ceramic cold stones to give them their precise final dimensions
- 05** Assembly is done by both manual and automatic plants
- 06** The finished knives are then customised as per customer needs
- 07** The grinding and polishing processes produces a sludge, which is filtered out for steel
- 08** This steel is then pressed into cubes and sent back to steel suppliers for recycling to ensure there is no wastage



Steel raw material waiting to be cut into knives



Stamping blades from raw material



Blades get etched with the logo




Blades in the shaker with ceramic stones that help polish the coarse edges

lifestyle merchandise – these new leisure-suited products announcing Victorinox as a brand integral to both work and play. For a factory with such a tremendous output, encompassing both automatic and manual knife assembling plants amongst other clever mechanical innovations, the question of sustainability automatically springs to mind. Are Victorinox's operations environmentally-conscious?

The answer? Absolutely - the entire Ibach factory uses the same amount of heating oil as a single standard family-sized apartment. The heat from the production process is



recycled with the help of Victorinox's heat recovery system, generating enough energy to heat not only the factory itself, but also an additional one hundred and twenty nearby apartments.

In today's throwaway culture, heritage and strong foundations stand for something. Since its inception over a century ago, Victorinox has remained a brand of principle, built upon and reinforced by the quality and delicate craftsmanship that keep this brand right at the cutting edge. 

The perfect start to the summer social season

Invited to none of the best parties, Nick Harman
still knows where the **Lanson** flows this summer



Is there anything as symbolic of true luxury living as sipping champagne on a sun-kissed English summer's day, accompanied by the gentle 'thwack' of tennis ball on racquet? No wonder attending The Championships, Wimbledon, along with other big social sporting gatherings, is something every society member has firmly pencilled on their calendars over the coming months.

It has to be true champagne that fuels these events of course. Serving a 'sparkling wine' would be a faux pas that one would never recover from. And with fabulous finger food being eagerly consumed as fast as the waiters can carry it, the only champagne to deliver the perfect start for any occasion has to be Lanson.

With the 'all white' dress rule at The Championships, Wimbledon, it's no wonder that Lanson White Label is being exclusively served at the greatest tennis tournament of them all. It has a smart look and an unrivalled ability to mingle with 'guests' like zest of orange or lemon, and can bob along cheerfully with a slice of strawberry or orange; all fruits that help bring out its special flavour.

Tradition and Lanson also go hand-in-hand of course; the

House has been making champagne since 1760 and earned a Royal Warrant from the House of Windsor in 1901 -making it one of the oldest Champagne House warrant holders. A fine pedigree that even the sniffiest of social experts can enthusiastically endorse.

It isn't just tennis that loves Lanson. The thunder of hooves can only mean one thing - polo - the sport synonymous with wealth and high living. Champagne Lanson will be a natural partner of Chestertons Polo in the Park from 5th-7th June this year, where Lanson White and Lanson Rosé will be





TOAST TO THE CHAMPIONSHIPS
 29th June - 12th July,
 Lanson will be celebrating
 its 14th year as the
 official and exclusive
 Champagne supplier
 to The Championships,
 Wimbledon.

**WHERE TO BE SEEN
 SIPPING LANSON IN
 LONDON THIS SUMMER**

Look down on London from
The View at The Shard, enjoying Pere
 et Fils and Rosé Label from the
 exclusive Champagne Bar
theviewfromtheshard.com

Feel above it all with Pere et Fils
 and White Label at **The Skylounge**,
Hilton Tower Bridge, where Lanson
 has sponsored the rooftop pop-up
doubletree3.hilton.com

At the elegant **Rosewood Hotel**, Lanson
 Extra Age Brut is poured in all the bars
[| rosewoodhotels.com](http://rosewoodhotels.com)

Cool down at a stylish **Searcys**
 Champagne Bar over a few glasses of
 Lanson Rosé Label searcys.co.uk

Check in to **The Stafford Hotel**
 and check out Lanson Rosé Label
thestaffordlondon.com

Toast to a capital night out with Lanson's
 Pere et Fils at **Noir** | noirw1.com

Raise a glass of Pere et Fils, White Label,
 or Rosé Label to a very proper public
 house at **The Tommy Tucker**.
thetommytucker.com

AND ONE IN SCOTLAND...

Take your pick from a trio of tipples at
Mar Hall - Pere et Fils, White Label,
 or Rosé Label marhall.com

COMPETITION
A BOTTLE OF LANSON WHITE LABEL
 To enter, and for terms and conditions, simply
 send your answer to the question
 'Which tennis club has an 'all white' dress code?'
 to competitions@goodthingsmagazine
 Deadline for entries is 08/07/2015
 Winners will be announced on 31/07/2015

poured to spectators in a unique pink champagne garden.
 Definitely one to gain admission to.
 And it will certainly be Lanson that accompanies the music
 at the Henley Festival this year, the tinkling of glasses being
 heard alongside the smooth, romantic sounds of Lionel
 Richie and the more urban beats of Jesse J. So wherever you
 socialise this summer, Lanson will be the discerning drinker's
 choice to accompany the classiest canapés at all high-end
 social events and garden parties in 2015. 



*Always
in the pink*

Lanson was one of the very first houses
to offer a Rosé; made by blending three
classic grape varieties - Pinot Noir, Pinot
Meunier and Chardonnay - then adding
a small amount of fine red wine made
exclusively from Pinot Noir to give the
wine its special blush. The bottles are
carefully cellar-aged for three years to
develop the fine nose and unique flavour
and help make Lanson Rosé Label
the UK's Number One-selling
Rosé champagne.

- Lanson's limited-edition tennis ball
neoprene bottles will be available in
Waitrose, Tesco, Sainsbury's, Asda
and Morrisons this summer.



SHERRY IN THE SUNSHINE

This summer, it's time to move sherry from the back of the cupboard to the centre of the table. As [Douglas Blyde](#) and [Zoe Perrett](#) opine, there is no better season to enjoy the fortified wine both in the glass and in the kitchen

Put your preconceptions aside and ready your glass: sherry is for life, not just for Christmas – and very definitely for summer. Seemingly forever on the cusp of modishness, the fortified wine has never really enjoyed the moment in the spotlight that it's eternally promised. Yet summer is the season where sherry can and really should shine. Whether sluiced over ice as a thirst-slaking aperitif, used as a cocktail ingredient, or even poured neat over ice cream for a revelatory and simple dessert, there is a style to suit any purpose and drinker.

Made in Jerez, southern Spain, sherry is fortified through careful addition of grape brandy to fermented grape juice. Lighter *finos* and *manzanillas* are 'biologically-aged', deriving their distinctive aromas from the 'flor' yeast which grows on the surface of the ageing wine in its barrel. Darker 'oxidatively-aged' *oloroso* is sufficiently strong to preclude the flor from forming, the presence of oxygen resulting in fuller, rounder, nuttier sherry. Sherries don't have to be one or the other: *amontillado*, for example, involves elements of both.

The 'solera' ageing system is as complex as the sherry it eventually yields, involving multiple oak barrels holding

Images iStock

variously-aged examples. As sherry is decanted from the oldest, the volume is replaced with the next-eldest example and so forth. After each harvest, another barrel is introduced, meaning a well-aged sherry is a tapestry compiled over time from many different threads.

Lighter, slightly-salty manzanillas speak of the sea, whilst the savoury nut-like notes of amontillados make this type the perfect table-top bottle for any charcuterie-driven alfresco feast. As a summer day segues into a sultry evening, sip on oloroso whilst picking at a Spanish blue cheese like *Cabrales*, then serve sticky measures of richly-raisined Pedro Ximénez in lieu of dessert – served, perhaps, with chocolate truffles and biscuits you've fortified with a drop of the same (see recipes).

In the kitchen, sherry can be drunk alongside and used in tapas-style small plate dishes. Sherry vinegar, meanwhile, lends acidity to salad dressings and cooling summer soups like *ajo blanco* (see recipe), whilst adding a depth and complexity that you'd struggle to achieve with simple wine vinegar.

Wherever and however it's enjoyed, high summer is the season to let sherry shine. 



BRITAIN'S SHERRY CHAMPIONS AND THEIR VENUES

RICHARD BIGG, BAR PEPITO

Bigg opened Bar Pepito in March 2010 in a former storeroom overlooking his first Camino restaurant in the then-rather flat commercial climate of King's Cross. It went on to be awarded Time Out's Bar of the Year.

3 Varnishers Yard N1 9DF | barpepito.co.uk

JOSÉ PIZARRO, JOSÉ AND PIZARRO

Restaurateur and chef Pizarro opened José, a dedicated sherry bar in Bermondsey, in June 2011. He says, 'My customers understand that sherry is no longer a granny's drink. They want to enjoy a nice bottle and are happy to pay for it.'

104 and 194 Bermondsey Street, SE1 3UB | josepizarro.com

TIM LUTHER, DRAKE'S TABANCO

Luther is co-founder of Barrica, Copita and now Drake's Tabanco, located off Goodge Street in a former shirt-maker's shop. 'We're the only place outside the bodega trusted to serve Fernando de Castilla from barrel,' he says. 'You'll never get such complexity with white wine as sherry.'

3 Windmill Street, London W1T 2HY | drakestabanco.com

OWEN MORGAN, BAR 44

At the launch of one of his three venues, Morgan recalls, 'We had the whole bar drinking fino, including well-known rugby players.' Morgan also takes sherry to the streets, serving tapas and sherry at events from a mobile bar.

14 Windsor Road, Penarth CF64 1JH (also in Cardiff and Cowbridge) | bar44.co.uk



SHERRY TYPES AND WHAT TO EAT WITH THEM

Fino The driest style; best served well-chilled with salty snacks and calamari.

Manzanilla Essentially a Fino from coastal town Sanlúcar de Barrameda, which lies half-an-hour's drive west of Jerez, and, allegedly, is a corresponding sprinkle saltier. Brilliant with sashimi.

Amontillado Darker, super-savoury and nutty; good with terrines and charcuterie, and pheasant and rabbit dishes.

Oloroso May verge from dry to sweet, benefitting from longer, enriching ageing and a higher alcohol content. Particularly amiable with blue cheese.

PX Rather than harnessing typical sherry grape Palomino, use of the often über-sweet Pedro Ximénez (PX) leads to sticky, decadent wines. May be used as a vermouth substitute to rinse the triangular glass of a vodka martini, or laced over vanilla ice cream.

WHERE TO SIP SHERRY IN JEREZ, SPAIN

La Carboná (lacarbona.com) is an airy, white-walled former bodega featuring an unsurprisingly strong sherry selection alongside hearty cuts chargrilled on the bone and grass-green olive oil.

'**Churrerías**' are booths at Plaza Jerez (near the market) offering freshly piped, hot, salty-sweet donut-like churros priced by the kilogram.



RECIPE

REBUJITO

• SERVES: 1

INGREDIENTS

- 3 slices of lemon
- 3 slices of lime
- 75ml fino sherry
- 10ml sugar syrup (equal parts sugar and water, brought to the boil to dissolve sugar, cooled)

METHOD

Muddle the lemon and lime slices with the sugar syrup, add fino and crushed ice, stir, and top up with soda. Serve in a large wine glass, garnished with a slice of lemon.

• *Recipe courtesy of Richard Bigg, founder and co-owner of Camino, Copa de Cava, and Bar Pepito camino.uk.com*



RECIPE

RYE ME TO THE MOON

• SERVES: 1

INGREDIENTS

- 35ml amontillado sherry
- 35ml Bulleit Rye
- 10ml bay leaf syrup (simmer together 1kg sugar and 1 litre water with a handful of dry bay leaves for 30 minutes, then cool and strain)
- 2 dashes Angostura Bitters
- 3 dashes Bob's Abbotts Bitters

METHOD

Build the ingredients in the order listed in a chilled tumbler over cubed ice, stir briefly, garnish with an orange zest and a fresh bay leaf, and serve.

• *Recipe courtesy of Terry Cashman of 46 & Mercy 46andmercy.com*



RECIPE

AJO BLANCO – WHITE GAZPACHO

• SERVES: 4

This cool, creamy white soup is lifted with a dash of good-quality sherry vinegar.

INGREDIENTS

- 150g crustless, good-quality day-old bread, torn into pieces
- 130g whole blanched almonds
- 3 cloves garlic, roughly chopped
- 120ml Spanish extra-virgin olive oil
- 75ml good-quality sherry vinegar
- 2 tsp salt
- 500-600ml cold water
- 16 green grapes, halved, to garnish

METHOD

Put the bread in a bowl, cover with water, and leave to soak for 5 minutes. Meanwhile, pulse the almonds and garlic together in a food processor until the nuts are finely ground. Squeeze excess water from the bread, add to the processor, and blend until smooth.

Keep the blender running and gradually add the olive oil, followed by the sherry vinegar and salt. Gradually mix in the water to your desired thickness, then transfer to a large serving dish. Check seasoning, adding more salt, oil, or vinegar to taste, and chill.

When ready to serve, thin with extra water if required, then ladle into bowls and garnish with the grape halves and a drizzle of oil.



RECIPE

PEDRO XIMÉNEZ BISCUITS

It may seem sacrilegious to use even a drop of quality sherry in cooking – but these biscuits make a wonderful post-prandial treat paired with a glass of Pedro Ximénez.

• SERVES: 25-30

INGREDIENTS

- 500g flour
- 200g sugar
- 175ml Spanish olive oil
- 175ml Pedro Ximénez sherry
- 3 tsp baking powder
- a pinch of salt
- granulated sugar, for dipping

METHOD

Preheat the oven to 180C. In a large bowl, blend all ingredients except the granulated sugar into a soft dough. Divide into 30g pieces, then, working one at a time, roll each piece into a rope and bring the ends together to make a ring shape, pinching the joint to seal. Dip the tops in the granulated sugar and bake on lightly-greased baking sheets for approximately 15 minutes, until pale and dry.



RECIPE

FIG AND HAZELNUT PEDRO XIMÉNEZ TRUFFLES

The flavours of Spain captured in small, not-too-sweet mouthfuls.

• SERVES: APPROX 35

INGREDIENTS

FOR THE TRUFFLES:

- 2 rich tea biscuits, crushed
- 100g roasted hazelnuts, finely chopped
- 250g soft dried figs, finely chopped
- 60ml Pedro Ximénez sherry
- 100g good-quality dark chocolate, melted
- ¼ tsp cinnamon
- 1 tsp orange zest
- a pinch of salt

TO COAT:

- 150g good-quality dark chocolate
- 2 tbsp cocoa powder
- a pinch of cinnamon

METHOD

Combine all ingredients in a bowl and mix well. Roll into small balls whilst you melt the chocolate for coating in the microwave, or in a bowl set over a pan of barely-simmering water. Using a fork, dip each ball in the chocolate, shaking off excess. Transfer to a plate covered with greaseproof paper and allow to set. Mix the cocoa powder and cinnamon and roll the truffles in the mixture. Keep chilled, in an airtight container, until ready to serve.

DELVE DEEPER INTO THE WORLD OF SHERRY

'Sherry, Manzanilla & Montilla' by Peter Liem and Jesús Barquín is widely regarded as an authoritative book on the topic | sherryguide.net



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Images by Buffalo Trace

BUFFALO STANCE

It's the quintessential alcoholic drink of America and one with the longest tradition.
Nick Harman takes a small sip of both Bourbon's history and
Buffalo Trace, one of its finest expressions

Take a sip of Bourbon and you're taking a sip of 'America's Official Native Spirit'; the experience made all the more delicious by the vivid myths and legends that surround the drink. Was it created by a Baptist minister and distiller named Elijah Craig? Was it Jacob Spears who was the first to label his elixir as 'Bourbon whiskey'? Whatever you believe, it makes for fine conversation over a shot or two.

The first Bourbon production built upon the centuries-old European process of aging whiskey in barrels that were charred for better flavour, using American corn for the 'mash' and oak for the barrels. Many claim that the resulting whiskey was simply named after Bourbon Street in New Orleans, where shipments of Kentucky whiskey sold as a cheaper alternative to Cognac.

Bourbon became strongly established in the eighteenth century, and, today, is a growing international symbol of Kentucky craftsmanship and tradition. The state remains the centre of production; its iron-free water, filtered through the area's unique limestone, regarded as crucial.

The modern industry helps create nine thousand jobs, and generates more than \$125 million in tax revenue each

year. Largely, processes remain true to the traditions that survived all kinds of historic American dramas, including the Whiskey Rebellion, the Whiskey Ring scandal, and the 'whiskey forts' of the fur trade.

As the world's most award-winning distillery, Buffalo Trace has honed its time-tested trade to a fine art. Its name comes from the fact that American pioneers and explorers often followed the path - 'traces' - made by the buffalo herds through the wilderness in order to find new frontiers, and it was one of those trails that led to a spot on the Kentucky River where the water was low enough for the buffalo to cross and where Buffalo Trace Distillery has now been making bourbon whiskey the same way for more than two hundred years.

The distillery has had quite a few names in its time; notably, the George T. Stagg Distillery and the O.F.C. Distillery; and is reckoned to be the oldest continuously-operating distillery in the United States. It seems that distilling was started on the site in 1775 by Hancock Lee and his brother Willis Lee. Along with just three other distilleries, Buffalo Trace continued to operate throughout Prohibition; helping fulfil over six million prescriptions which each entitled the bearer to a pint of whiskey for 'medicinal purposes'

MAKING BUFFALO TRACE KENTUCKY STRAIGHT BOURBON

- Kentucky and Indiana corn is milled and 'cooked'
- The cooled corn is fermented with selected rye and superior malted barley
- This 'sweet mash' ferments for 3-5 days
- The mixture is double distilled to produce 'white dog'
- The 'white dog' is aged in American White Oak barrels for a minimum of eight years
- To ensure consistency and quality, all barrels are tasted by a panel which includes Master Blender, Drew Mayville





Today, the distillery makes many drinks, but Buffalo Trace Kentucky Straight Bourbon Whiskey is its signature. Made with Kentucky and Indiana corn, selected rye and superior malted barley, the corn is first milled then 'cooked' before being cooled ready for fermentation with the other ingredients, the resulting 'sweet mash' is then left to ferment for three to five days before going through a double distillation to produce 'white dog', which is then aged in sustainably-sourced, six month-aged and charred American White Oak barrels.


The resulting Bourbon is aged for at least eight years, with thirty to thirty five barrels married together to blend each batch. All the Bourbon is aged in 'rick' warehouses constructed of massive wood beams and covered by a brick shell, allowing it to naturally mature as the air is cooled and warmed by the changing seasons with the assistance of steam heating; creating a range of 'microclimates' in the warehouses. To ensure the consistency and quality of Buffalo Trace, the barrels are tasted by the Master Blender and his team to ensure the taste profile and balance remains constant.

Interestingly, while all the whiskeys made at the distillery are special, certain areas are felt to produce the finest whiskey. The fourth and fifth floors of Warehouse C and the fourth through to the sixth floors of Warehouses I and K produce the very best eight-to-twelve year-old whiskeys, and are reserved exclusively for making Buffalo Trace Kentucky Straight Bourbon.

Buffalo Trace respects tradition, but has never let that stand in the way of improvement and keeping Buffalo Trace Kentucky Straight standing as one of the world's greatest Bourbons. It's a deep amber whiskey with a complex aroma of vanilla, mint and molasses. Pleasantly sweet to the taste with notes of brown sugar and spice that give way to oak, toffee, dark fruit and anise, it finishes long and smooth with serious depth.

Of course it's delicious sipped straight, but it also a great cocktail base, although the pioneers might rear back in horror at such a thing. A Whiskey Sour would have convinced them, though, with Buffalo Trace balancing well with the sugar and lemon and its own gentle fruity flavours.

A classic Old-Fashioned also shows off Buffalo Trace Kentucky Straight Bourbon's unique qualities, with the sugar melding with the Bourbon's hints of spiciness and taming them slightly. Buffalo Trace itself recommends making a Buffalo mojito, as well as the rather exciting-sounding 'Buffalo in the Bush' - a blend of Buffalo Trace, ginger beer, orange bitters, black pepper and more besides.

You don't have to be American to enjoy a fine Bourbon, that's for sure. And with Buffalo Trace, there's certainly a lot to enjoy. 



Buffalo Trace Kentucky Straight Bourbon is available from Waitrose, Asda, Tesco, and many other fine retailers, priced at around £20 for 70cl.

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106

Good Things

Travel & Culture

America's deep south calls with soul-enticing food and music, while India's Himalayan Foothills make for an excellent summertime trek. Our June travel section brings you face to face with the longest day of the year in Sweden, and the peace of a beach cocktail in Santa Monica – whet your appetite for white-sand beaches and temples to celebrate the Philippines' national day, and, if you're after a good pamper ready for summer, check out the luxury British spas you should consider booking into.



142

101 UP, UP, AND AWAY

You don't need to book a seat to read all about this month's hottest routes and deals – from budget business class to New York to increased access to Madeira

102 WORLD HOTELS: WHAT'S HIP AND WHAT'S HAPPENING

Don't check in before you've checked out our guide to where to head, what to do, and where to stay – including global festivals and traveller's tips

106 PARADISE, FOUND

In the Philippines, the weather is gorgeous, the people are friendly, and the food is as alluring as the vistas. Feast your eyes on our photo essay

112 RICH, RARE, REFINED: MEET THE WORLD'S FINEST CACAOs

Want to know more about where chocolate comes from? Over the next six issues, we unravel the delicious topic, revealing processes and origins

114 FINLAND: THE WHITE NIGHT RISES

During a Finnish summer, the sun never sets – affording visitors extra time to partake of every activity that comes their way. Heidi Fuller-Love embarks on a day to remember

118 HEALTHY HEALING – THE UK'S BEST SPA RESTAURANTS

Spas are about indulgence, in every sense. Andre Jackson explores the British venues where the food is as decadent as the treatments on offer

122 THE AMERICAN SOUTH – A ROAD TRIP ALONG THE SOUTHERN STATELINES

Fascinated by recent cultural change, Eleanor Ross gets behind the wheel with the aim of uncovering the real story of America's southern states

128 ESCAPING THE SUMMER SUN: ST. PETERSBURG TO SWEDEN

For some, a summer spent on a beach is a summer wasted. Eleanor Ross reveals destinations to please those in search of cooler, more cultural breaks

132 MIND YOUR MANNERS – GERMAN CUISINE

Knowing a little about a country's gastronomic customs will always mark you out as a discerning diner. Douglas Blyde provides a primer on German eating etiquette

135 HIMALAYAN HIKING – INDIA FROM A BIRD'S EYE VIEW

Way up high in the Himalayas, Finlay Middleton takes a hike in order to gaze down on India's splendour from an unmatched vantage point

142 THE GOOD THINGS GUIDE TO FOOD IN ALMERIA AND MURCIA

Whether you're off to sunny Spain or just looking for a little exotic inspiration this month, delve into Kavita Favelle's guide to local gastronomy

Palawan

Above ground and underground



-  The Puerto Princesa Subterranean River National Park is a UNESCO World Heritage Site and one of the world's New 7 Wonders of Nature. It is teeming with life - over 150 animal species and over 800 plant species, including 300 types of trees.
-  **Getting There:**
Accessible via air from Manila, Cebu, Iloilo, and Davao
-  **More Things to Do:**

 - Go island hopping in Honda Bay.
 - Try spelunking at Ugong Rock.
 - Take a mangrove paddle boat tour in Sabang.
 - Be enchanted by fireflies on the Iwahig River Cruise.
 - Visit one of the country's last tribes at the Batak Cultural Village.



It's more fun in the
Philippines



UP, UP, AND AWAY FLIGHT NEWS FOR JUNE

Every month we identify the hottest new airline routes from the UK and check out what's happening in these destinations. This month we spotlight Portuguese island Madeira, budget business class to New York, and the boutique side of Mykonos



BUSINESS CLASS DEAL

La Compagnie, a business class only airline which launched direct flights between Paris and New York Newark last year, has announced a deal of £1950 for two people on the new London - NYC route. Each Boeing 757-200 will host just seventy four passengers, all of whose seats will recline by one hundred and eighty degrees. Flight menus have been devised by Christophe Langree, a French chef with pedigree. Those using the amenity kits won't have cause for complaint either, with all products being provided by Caudalie. What might be a turn off for some? The flights depart from unfashionable London Luton - just as well the company are providing lounges for their passengers. The £1950 deal is available for booking on flights between 30th June and 3rd September.

Two people can travel to NYC business class all-inclusive for £1950 | lacompanie.com

ATLANTIC FIREWORKS

Since May, British Airways has offered a thrice-weekly route to the autonomous region of Portugal, Madeira. Situated off the northwestern coast of Morocco, Madeira commands white sand beaches, rocky coves, and of course, the eponymous wine. It's t-shirt weather year-round, but June is when you can expect guaranteed sunshine - perfect weather for snorkelling around the cliffs of Garajau where there's vibrant sea life. June is the season for celebratory festivals. The Festival do Atlantico in early June has classical music performances and spectacular firework shows to kick off the summer festival season, and the Cherry Festival celebrates the harvest with huge punnets of cherry, cherry juice, and all the cherry paraphernalia you can imagine.

Flight time 4 hours, from £300 return | britishairways.com

ISLAND ZEN

Former party capital extraordinaire is following in the footsteps of Ibiza: it's mellowing. Mykonos is set to become the celebrity hang-out spot of 2015 with celebrities including Lindsay Lohan and the Kardashians already spotted sunning themselves. But why's it so popular? As well as a laid-back lounge and club scene - prices are cheaper here than for the same DJs in Ibiza - Mykonos has retained its peaceful Greek heritage. Come for winding alleyways, whitewashed houses with blue doors, and superlative seafood. Try Kousaros Mykonos, one of the top rated fish restaurants on the island.



From 29th June British Airways will be running flights from London City to Mykonos, from £120 return | britishairways.com



WORLD HOTELS: WHAT'S HIP & WHAT'S HAPPENING

In our monthly series, travel writer **Heidi Fuller-Love** brings you the very latest global hotel news and travel information



TOP THREE FOOD FESTIVALS IN JUNE

• Batalla del Vino, La Rioja (29th June)

Bring a change of clothes for this wine celebration on St. Pedro's Day in La Rioja's capital, Haro, where revellers hit the streets with wine-filled water pistols and gun down everything in sight. (wine-fight.com)

Check out: Visit the stunningly-modern Dinastia Vivanco wine museum, then discover the surrounding Rioja wine region with

Taste Vacations (tastevacations.com)

Check in: Los Agustinos (hotellosagustinos.com) is housed in a building that's been used for everything from a convent to military barracks in the last six hundred years and the recently refurbished hotel oozes atmosphere.

• Food & Wine Classic, Colorado (19-21th June)

With three days of cooking

THE HOTEL REVIEW

The St Regis Hotel and Resort recently debuted in Istanbul to critical acclaim. It's stylish exterior slots perfectly into one of the most exclusive and desirable neighbourhoods in Istanbul – the Champs Elysee of the city, Abdi İpekçi Caddesi. The hotel rubs shoulders with Tom Ford and Dior, while the Nişantaşı neighbourhood promises a plethora of bars and vibrant eating options. Designed by Turkish architect Emre Arolat, the building has striking features and is an oasis of peace in a busy city.

FIRST IMPRESSIONS Guests are welcomed by a gigantic chandelier in the lobby designed by Lasvit, and combines 343 glass panels to create a cloud-like, mirrored structure. The chandelier, described as 'Supernova', is just part of the overall art deco spirit of the hotel. Luxurious amenities sit side by side with paintings from the Demsa Collection of Art, a private collection that pays homage to the varied Frick collection of Art - images are striking, modern, and sit comfortably within the walls of this stylish hotel.

LIVE All rooms combine signature (read enormous) St Regis beds with a Marmara marble bathroom larger than my London apartment – the tubs are vast and inviting and the toiletries are all by transformative skincare company Ramede. Even the most basic rooms feature Nespresso coffee machines and 46 inch Samsung LED TVs, while the Presidential Suite - the so called "crown of the hotel" - offers top-floor panoramas of the city and Macka Park from a vast balcony. As well as upgraded basic amenities, the hotels suites offer separate work, sitting, and dressing areas - ideal if you've got a suitcase jam-packed with new purchases and stylish dresses for nights out on the Istanbul town.

ENJOY As well as rich design, guests are not left wanting when it comes to amenities. From the rooftop restaurant and lounge, Spago, by chef Wolfgang Puck, to the modern and clean lines of the Iridium Spa, the style at St Regis Istanbul can't be doubted. Spago is all about black marble, shimmering surfaces, and a fabulous roof terrace that dominates the restaurant. Overlooking the glittering lights

of Istanbul, the air is filled with the scent of perfectly cooked fresh fish and heady wines

EAT And the food doesn't disappoint either - with each dish encompassing Puck's Californian farm to table philosophy the perfectly crisp woodfired pizzas and handmade pasta are ideal dishes for starting off an evening. The hotel also offers sublime French food at the Beyman Brasserie: for a shot of strong after-dinner Turkish coffee the Brasserie delivers on that too. In the surrounding area we loved Nopa, a chic, art deco style restaurant with a retractable roof, perfect for lingering dinners. If you fancy a nightcap, head to the Petit O bar for a fresh, perfectly made Martini Twist.

RELAX We found respite in the spa, which has to be one of the most impressive I've been to. The hammam, steam room and sauna are indulgent, with deep massages that cured the stresses of a long, achy flight. Best of all, the spa is rejuvenating enough to give you an extra dose of energy to had out and take the city by storm.



demonstrations, tons of tasting events, a humungous panel of celebrity chefs, and an astounding amount of afterparties, Aspen, high up in the Colorado mountains, is the place for food-lovers to be this month. (foodandwine.com/classic)

Check out: Take a gourmet hiking tour of Aspen with Whole Journeys (wholejourneys.com), try adrenalin sports in the surrounding mountains, and see fabulous contemporary creations in the Aspen Art museum (aspenartmuseum.org)

Check in: The Little Nell (thelittlenell.com) is a cosy five-Diamond mountainside sleep space with comfortable rooms, well-stocked mini-bars, a fabulous spa, and wonderfully-friendly staff.

• Feast of St. Anthony, Portugal (12-14th June)

A feast for the eyes as much as the taste buds, Lisbon's two-day sardine festival is a celebration of its patron saint. Revels fill the narrow cobbled streets and ancient alleys of the city

with wine, wild fado music and the bewitching smell of grilling sardines.

Check out: Take in the ornate and cloistered last resting place of explorer Vasco de Gama, art treasures in the world class Calouste Gulbenkian museum, and hip threads in the Design and Fashion museum.

Check in: At the heart of the historic Alfama district, Memmo Alfama (memmoalfama.com) is a boutique haven with sleek white rooms, a scarlet rooftop pool, and panoramic views over Lisbon.



Inside the chic Nopa restaurant in the trendy Nişantaşı neighbourhood



THE HOTEL INSIDER'S VIEW

OF THE MONTH'S MYRIAD HIP HOTEL OPENINGS, THESE ARE MY TIPS FOR THE TOP:

- Glamping just earned another star with the launch of sultry Serengeti's new Roving Bushtops mobile camp (bushtopscamps.com); with king-sized beds to suit even the most picky queens.
- Nanjing in China is a better place to stay now you can check into the gorgeous, art-studded Grande Mansion (starwoodhotels.com).
- Meanwhile, in the UK, the news that the Soho House Group is opening Soho Farmhouse (sohofarmhouse.com) - an exclusive Cotswolds venue, complete with Cowshed spa, log cabins, and boating pool, could just tempt me to spend a week in the great British country side

St Regis's indulgent spa is one of the most impressive aspects of the hotel.

TRAVELLER'S TIPS

You heard it here first:

Ever had your luggage split on you whilst travelling? Now you know why I invested good pennies in some Briggs and Riley luggage (briggs-riley.com) - not just solid but comes with a lifetime guarantee!

I also use a Rebound tag (reboundtag.com) which tracks my luggage wherever it goes, so I'll never again have to live through last month's horror of losing the bag with all my frilly underwear somewhere between Taipei and Beijing.

Pamper of the month:

This month I'm heading for the Mandarin Oriental in Paris (mandarinoriental.com) where I'll be brushed, buffed and given a super-sensual full-body Oriental massage with custom-blended essential oils ... Bliss!

Giving back:

The Women's Bank (naistenpankki.fi/en) is an amazing initiative designed to help women in difficulties to earn their own living.

SEEK A STUPENDOUS SUPPER

Wondering where in the world you can meet fellow food-lovers, enjoy amazing food, and quite simply eat, drink, and make merry?

Check out **The Good Things Supper Club** ; where each event's menu is a curated collection of recipes taken from the magazine. Visit eatmyworld.com for latest details and bookings.

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2015 THE YEAR THE PHILIPPINES STOLE THE SHOW

Images by Vladimir Studenic, Getty



DON'T STOP THE MUSIC

... or any other form of entertainment! Some of the biggest acts in the world have performed in the Philippines, with many live shows planned throughout 2015. The country also hosted exciting, diverse events like Madrid Fusion Manila and MTV Music Evolution.



WORLD HERITAGE WONDERS



No matter how seasoned the traveller, the often-intriguing, always beautiful landscapes of the Philippines can't fail to impress. Don't miss World Heritage Sites like the Banaue Rice Terraces, Davao Oriental's Mount Hamiguitan Range Wildlife and Sanctuary, Puerto Princesa Underground River, and the historic town of Vigan - recently named as one of the Seven Wonder Cities.









BEAUTIFUL BEACHES

Few will need any encouragement to visit, discover and appreciate the natural charm of the Philippines, especially with 7,107 islands to explore – featuring an infinite number of stunning, pristine white sand beaches and diverse marine life. Relax in the refreshing waters of Boracay, Cebu and Palawan, or ride the thrilling waves of Baler, La Union and Siargao.

VISIT THE PHILIPPINES YEAR 2015

As part of its tourism initiative, the Department of Tourism has compiled an official calendar guide to year-round events and activities in the Philippines, showcasing the outstanding works of Filipinos in visual and performing arts and sharing the country's rich culture, exhilarating adventures and colourful festivities with the world.

VISIT PH2015.COM



Images by Willie's Cacao

RICH, RARE, REFINED MEET THE WORLD'S FINEST CACAOS

Most of us love chocolate, but how many of us understand cacao's complex journey from tree to bar? Join us over the next six issues as we unravel the process to deepen your knowledge and appreciation of examples from some of the world's finest estates

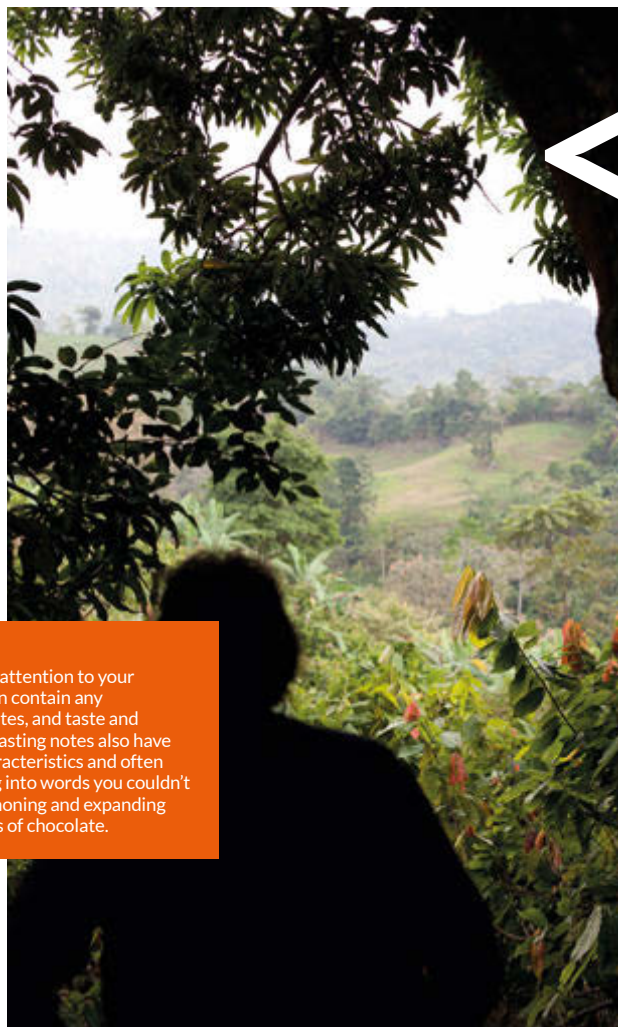
It's not difficult to appreciate that the finest chocolate depends on the best raw materials. For almost twenty years, growing and sourcing the world's most incredible cacaos has been top of the agenda for Willie Harcourt-Cooze.

Fine chocolate is much like good wine or whisky; the complex sensory qualities of the end product revealing as much about its own origin as the maker's craft. Time taken to learn a little about cacao heritage and production is time well spent, ensuring one's appreciation of little luxuries is both enhanced and increased.

With a topic as delicious as chocolate, you're sure to want to delve as deeply as possible...

A MATTER OF TASTE?

When sampling chocolate, Willie emphasises paying attention to your personal sensory impressions. After all, chocolate can contain any combination of over four hundred distinct flavour notes, and taste and perception are highly personal matters. But expert tasting notes also have an important role in enjoyment, highlighting key characteristics and often helping you put the flavours that you're experiencing into words you couldn't quite grasp. Over time, they can prove invaluable in honing and expanding your vocabulary and wider understanding of all kinds of chocolate.



THE CACAO JOURNEY: PART 1

SINGLING OUT THE RIGHT ESTATE

The term 'single origin' most commonly refers to the fact that the cacao beans are grown in one country or region, lending the chocolate flavour characteristics typical of that geographical area. 'Single estate' narrows the margins further; applied to examples produced from beans sourced from plantations which belong to just one estate. Willie Harcourt Cooze's estate is his Venezuelan farm, Hacienda El Tesoro, where he first sowed 10,000 cacao trees in 1996. Although cacao cultivation is labour-intensive, on small farms like El Tesoro, that labour is one of love – further fuelled by a passion for the product.



IT ALL STARTS WITH SAPLINGS

With tender loving care, these young saplings flourish into magnificent trees. Willie's cacao farm, Hacienda El Tesoro, is located high in Venezuela's Henri Pittier National Park, and is home to 20,000 cacao trees - 1,000 occupying each hectare. These fussy customers are Amazon basin natives, and will only flourish when planted in the shade of taller trees. Cacao trees thrive solely in the area 20 degrees north and south of the Equator, and patient growers must wait 3-5 years for them to bear fruit.



PODS FILLED WITH PROMISE


Cacao pods come in an array of colours - green, red, orange, yellow, white, purple and maroon. The rainbow shades are not only beautiful, but also indicative of the cacao strain and ripeness. Three-quarters of the world's chocolate is made with the beans from woody, smooth and bulbous Forastero pods. Willie, however, opts for lower-yielding, yet finer-flavoured beans found inside Criollo and Trinitario pods - the former kind easier to visually identify by its distinctive pointed tip and bumpy skin. Even with the kind of expert care and lavished on the trees at Hacienda El Tesoro, the annual thousand-bean yield from each tree is only sufficient to produce a single kilogram of chocolate. No wonder quality cacao is such a precious commodity.



FOCUS ON... EL TESORO CACAO

It's only right to start an exploration of the characteristics of single estate chocolate with a cacao originating precisely where Willie's enduring love affair with the stuff began almost two decades ago at his Venezuelan Hacienda. Cacao from Hacienda El Tesoro combines Criollo and Trinitario beans, and in flavour terms sits firmly within the 'fruity' area of the spectrum. Its exuberant personality is evidenced through expansive notes of heavy, ripe plums - and the result is a chocolate as eye-opening as the vistas from the eponymous farm which yields the beans.

Next issue, the journey from tree to bar continues with the cacao harvest...



The longest night of the year in southwest Finland heralds dense forest, fresh-from-the-bush berries, and all night revelry

FINLAND: THE WHITE NIGHT RISES

Written by Heidi Fuller-Love Images by Heidi Fuller-Love , Getty

It's midnight and rays of ghostly sun pour into the room through the curtains making it impossible to sleep. Stumbling outside, I discover that no-one else is sleeping either. Next to the Tammerkoski canal couples mooch, students play guitar, and families picnic or play frisbee. Behind them, the opaque White Night sun glitters over the water, creating shimmering reflections of the handsome brick chimneys built a few centuries earlier when Tampere was Finland's industrial equivalent of Britain's Manchester.

I arrived in Tampere in southwest Finland a few hours earlier. Set on a narrow peninsula between two of the region's three thousand lakes and surrounded by dense forests packed with mushrooms and edible berries, this rural region is known for its gastronomic specialities, but I'm not just here to fill up on good food. I'm here for a twenty-four hour, non-stop tour of this region close to the Arctic Circle where, for fifty days a year, the sun never sets. I'm also

hoping to spot a moose - the big-antlered member of the deer family which is Finland's emblematic animal.

At 10am the next day I'm on the bus and heading for Tampere's Spy museum (vakoilumuseo.fi), my first stop. At the heart of former fabric factory Finlayson, the world's first museum dedicated to international espionage is stuffed with fascinating exhibits left over from the period when Finland was a pawn in the Cold War. There are guns that fit inside lipsticks, pin head cameras, and portraits of celebrity spies. The visit is followed by a series of tests designed to gauge if I'm a budding Mata Hari. Cool as Bond, I shoot down flying objects and decipher coded messages, but am

"My breakfast plate is piled high with cloudberry pancakes"

Left: The luxurious
idyllic lakeside lodge
Villa Hepolahti



disappointed to learn that my certificate as an honorary agent does not guarantee me a job with the CIA.

I lunch at Ravintola Näsinneula (sarkanniemi.fi/nasinneula), a one hundred and sixty eight metre tall tower. 'We focus on using local and traditional Finnish ingredients to create a menu that showcases some of our country's best dishes,' Näsinneula's chef explains as I work my way through grilled salmon and wild asparagus risotto, followed by white chocolate pudding dotted with sea buckthorn berries.

A few hours later I'm on a mud-splattered trail bike and heading for Hämeenkyrö, a lovely region of pastures, pine trees and cosy log cabins where I visit Frantsila (eecat.fi/farms/6.html), a pioneering organic herb farm producing some of Finland's top natural health products. 'The great thing here in Finland is that, according to Finnish law, we all have Everyman's Right, which means everyone here has the right to go out and collect natural products like berries and

mushrooms whenever they like,' owner Aija Lento tells me as she shows me around.

'And with our chilly climate, there's plenty to pick,' says Ana, the owner of Ronnvik (ronnvik.com), the innovative winery that is my next stop. 'We have fat juicy bog whortleberries and bright orange cloud berries that are sweet and also a bit sour, and we use all of these berries to make jams and jellies, and lots of really nice wines', she says, handing me a glass of Ronnvik's cloudberry wine, which is syrupy, but light.

By now it's 8pm, but the sun shines bright as midday as I push on through pine-forested roads to the region of Mänttä-Vilppula. A tree-lined road leads me deep into the forest. Just as I'm beginning to feel like Little Red Riding Hood about to meet the wicked wolf, a cockeyed wooden farmhouse emerges from the gloom and I'm met instead by the owners of Herkkujuustola (herkkujuustola.fi), who lead me inside to sample their strong, creamy award-winning




artisan cheeses.

It's midnight now, but when I leave the farmhouse my eyes are flooded with hazy light. My tired limbs are screaming for bed, but my bewildered brain, boosted by eternal twilight, is buzzing for more action. At Villa Hepolahti (villahepolahiti.com/en), a luxurious lakeside lodge, jovial owner Heikki serves me piled plates of crayfish hooked from the lake that morning and sings raucous Finnish folk songs.

After a breakfast plate piled high with cloudberry pancakes, My Twenty four-hour Summer Madness Marathon is over. Hopping onto a high-speed train, I snore all the way to Helsinki where I check into the Klaus K (see a review in this issue's World Hotel's feature) and spend an afternoon

exploring the city's atmospheric labyrinth of streets lined with chic boutiques, art stores and hip restaurants known as The Design District.

That evening I have dinner at Juuri (juuri.fi), a snug, rustic bistro serving 'sapas'. 'That's the Finnish version of tapas,' owner Julie tells me, as she serves saucers filled with homemade beef sausage in mustard, fried perch swimming in rhubarb butter sauce, and other bite-sized snacks.

On the plane back home I sleep uneasily and my slumbers are filled with twilight forest shadows and the calls of wild animals. At Gatwick I wake with an ache of regret: I managed to stay awake for twenty four hours, but I still didn't get my glimpse of a mighty moose. 



RECIPE

PIKE ROLLS WITH SPINACH CREAM SAUCE AND DILLED NEW POTATOES

• SERVES: 4

INGREDIENTS

FOR THE PIKE ROLLS:

- 800g pike fillets, skinned and cut into finger-sized pieces
- 1 tbsp salt
- pinch of ground white pepper
- 1 lemon, zest only
- 4 eggs
- 500ml single cream
- 100ml smetana (sour cream) or natural yoghurt
- a knob of butter
- 100ml dry white wine
- chopped dill, for garnish

FOR THE SPINACH CREAM SAUCE:

- a knob of butter
- 1 small onion, minced
- 3kg fresh spinach (or nettle) leaves
- 1 tsp flour
- 300ml cream

FOR THE DILLED NEW POTATOES:

- 1kg small new potatoes
- 1 bunch of chives
- 100ml olive oil
- 1 lemon, juice only
- 1 tsp salt
- 1 bunch of dill, chopped

METHOD

For the fish rolls, preheat the oven to 175C. Place the pike pieces in a bowl with the salt, white pepper, and lemon zest, and mix thoroughly. Refrigerate for 1 hour.

Remove the fish fillets from the bowl and purée in a blender, gradually adding the eggs, cream, and smetana until the mixture binds. Roll into finger-sized croquettes.

Heat the butter in a frying pan set over medium-high heat and add the fish rolls. Cover with the wine, transfer to the oven, and cook for 20-30 minutes.

For the spinach sauce, heat the butter in a pan set over medium heat. Fry the minced onion until translucent, then add the spinach. When the spinach is cooked, add flour and blend, then add the cream and heat until the sauce thickens. Reserve until required.

Meanwhile, for the dilled potatoes, boil the potatoes in salted water, then drain and reserve, keeping warm. Blend remaining ingredients until smooth, and toss with the potatoes. Serve the baked fish rolls with the potatoes and reserved spinach sauce.

• Recipe courtesy of Päivi and Heikki Rönni, Villa Hepolahti, Finland villahepolahti.com



RECIPE

PIKE-PERCH WITH CRAYFISH SAUCE AND VEGETABLES

• SERVES: 4

INGREDIENTS

FOR THE CRAYFISH SAUCE:

- 1 tbsp vegetable oil
- 12 crayfish, shelled, deveined, and coarsely minced; shells reserved
- 100g tomato purée
- 1 medium onion, chopped
- 500ml fish stock
- 200ml white wine
- ½ tbsp chopped fresh thyme
- 1 tbsp whole white peppercorn
- 2 bay leaves
- 1 whole star anise
- 200ml double cream
- salt and pepper, to taste

FOR THE DISH:

- 600g pike-perch fillets, skin on
- pinch of sea salt
- 50g butter, melted
- 100g carrots, cooked until tender, cooled, and diced
- 100g green beans, cooked until tender, cooled, and diced
- 100g cauliflower, cooked until tender, cooled, and diced

TO FINISH:

- 50g butter

METHOD

For the sauce, heat half of the vegetable oil in a pan set over medium heat, add the crayfish and shells and fry for 5-10 minutes, stirring occasionally. Add the purée and simmer for 5 minutes.

Heat the remaining oil in a deep saucepan pan set over medium-low heat and sweat the chopped onion. Add the fish stock, white wine, herbs and spices, and crayfish mixture, and simmer for 10-15 minutes. Add the cream and simmer for another 15 minutes, flattening the crayfish shells into the sauce from time to time. Season to taste, sieve the sauce, return to the saucepan, and reserve until required, keeping warm.

For the dish, rub the fillets with salt, then heat the butter in a saucepan set over medium-high heat and fry skin-side down first until the skin is crisp and the fish is almost cooked through then turn. Add the diced vegetables and fry until the fish is done.

Place a portion of fried vegetables on each plate topped with a fish fillet. Whisk the butter into the reserved crayfish sauce, stirring over a low heat until the sauce is thick and frothy. Pour over the fish, and serve immediately.

• Recipe courtesy of Mänttä Club House, Finland klubin.fi/en/

Gastro Therapy

THE UK'S BEST SPA RESTAURANTS

Images by Good Things

Spas are for relaxing and rejuvenating we explore the UK's best places to replenish your stomach, as well as your soul



A The UK's very best spas ensure they cater for all our needs, and, with a growing appreciation of good food spreading across the nation, many are now serving impressive cuisine from esteemed executive chefs to ensure guests are not only well rested, but also well-fed. As a certified food-lover, I found the menus on offer at each of these British spas got me just as excited as the plethora of five-star treatments and facilities. These destinations aren't only a treat for the mind and body, but the stomach and taste buds too. Suffice to say, the country's spas have been quietly and cleverly building their reputations as dining destinations to impress anyone in search of a gustatory treat in an unexpected setting. 





BEST FOR RAW FOOD AND HOME COOKING STYLE CUISINE:

LIME WOOD, HAMPSHIRE

Nestled deep in Hampshire's New Forest, the chic urbanista's country house and spa that is Lime Wood offers two outstanding restaurants, each offering high-quality, laid-back cuisine. The main dining room, once a rather austere affair, has been transformed into Harnett Holder & Co. The new look is dramatic, and sits in symphony with the general atmosphere of the hotel. The warm space is as relaxed as it is lush and enveloping, with a central bar-diner where some dishes are 'finished' for added drama: baked sea bream with a rosemary crust is a must for those that like a bit of food theatre.

The food is simple yet effective. Angela Harnett, considered to be one of the more grounded celebrity chefs, has joined forces with existing Lime Wood chef Luke Holder to produce Italian-inspired dishes that are as informal-yet-polished as their surroundings. Fine dining and big plates are banned, sharing plates are in, home cooking is the key, and they've done it all

incredibly well.

If Harnett Holder & Co offers hearty, rich, and homely dishes that leave you pleasantly full, the antithesis is just across the way at Raw & Cured. The brainchild of raw food expert Sheila Hulme, Lime Wood's food bar sits within the Herb House Spa. On offer alongside uncooked food created with raw, fresh, and cured produce are garden-grown salads, cured meats, and fish from Lime Wood's own smokehouse, as well as fresh juices and smoothies. For those looking for more holistic, healthy, and detox-friendly fare, Raw & Cured offers a wonderful juxtaposition to the main restaurant. Considering the very evident lack of quality raw food restaurants UK-wide, the offering only underscores Lime Wood's standing as one of the country's go to spas for good food in stunning surroundings.

Lime Wood hotel, Beaulieu Road, Lyndhurst, Hampshire SO43 7FZ | 023 8028 7177 | limewoodhotel.co.uk



BEST FOR QUINTESSENTIALLY BRITISH CUISINE AND THE ALKALINE DIET:

CHEWTON GLEN, NEW FOREST

The only thing as impressive as Chewton Glen's twelve luxury treehouse suites - housed in six pods perched on stilts in the hotel grounds - is the venue's wonderful Vetiver restaurant. At one time, eating at an upmarket country house hotel would, almost without exception, involve a formal fine-dining experience requiring guests to dress up in their smartest attire. How times have changed. Chewton Glen has decided to do things differently, recognising that guests don't always want an elaborate spread. In 2011, the five-red-AA-star, seventy-bedroom hotel in Hampshire reinvented its traditional restaurant, creating one which would suit all dining occasions, seasons, and times of day. Following the addition of a summerhouse extension, creation of a wine room, and a one million pound refurbishment by interior designer Anita Rosto, the one hundred and fifty-cover Vetiver was launched across five interconnecting rooms.

The Dining Room at Chewton Glen is a cosmopolitan and quintessentially English affair. Offering a nexus of beautiful conservatories, intimate dining spaces, and a stunning open wine room, the Dining Room can be as formal or relaxed as the mood takes you. It's completely new, open-format grill menu has been carefully created to both celebrate old Chewton Glen favourites and embrace an eclectic selection of new dishes. Cooking is intelligent, making the most of quality ingredients in the right seasons; presentation simple and effortless. Vetiver, run by executive head chef Luke Matthews, is all about flexibility, offering diners classic British cuisine interspersed with international dishes.

Watching what you eat? Chewton Glen offers alkaline diet-based cuisine at the spa restaurant. For the uninitiated, the Alkaline Diet is touted as a simple means of eating, affording followers some of the pleasures we all enjoy and deserve. The dietary regime seeks to cut back on the acidic content of what we eat, ascertained by measuring pH levels of bodily fluids. Sticking to the 70:30 alkaline:acid principle supposedly avoids potentially harmful acid build up in the kidneys.

Chewton Glen Hotel & Spa, New Milton, New Forest, Hampshire BH25 6QS | 01425 275 341 | chewtonglen.com

Stoke Park's gardens were landscaped by the legendary Humphry Repton



BEST FOR FINE DINING: STOKE PARK

BUCKINGHAMSHIRE



Aside from being a national park, a world-renowned twenty seven-hole golf course, and a five-star hotel and spa, Stoke Park harbours Humphrey's, a fine-dining restaurant so good that it alone warrants the trip. The dining room offers a view of the bridge across the lake; both the design and venue are testament to enduring British quality.

Head chef Chris Wheeler is a member of the Craft Guild of Chefs, and his culinary CV is creditable, as one would expect for a man at the helm of such a prestigious restaurant. Joining Stoke Park in 2003, the chef has built a reputation around using only fresh and mostly British ingredients; helping earn Humphrey's two AA Rosettes in recognition of outstanding food and customer service.

The dining room is an ode to eighteenth-century design, with high ceilings, gold-papery panels, and windows overlooking that eponymous bridge; shown to greatest advantage by floodlight after dark. The menu changes frequently in order to showcase the best from land and sea.

Over in Stoke Park's pavilion, San Marco offers guests a relaxed Italian brasserie experience, a menu of classics, and picturesque alfresco dining should the weather permit. Whichever dining room you end up in, anticipate a fine array of food – that is, if you ever manage to find your way off the golf course.

Stoke Park, Park Road, Stoke Poges, Buckinghamshire SL2 4PG | 01753 717171 | stokepark.com



RECIPE

SPICY THAI VEGETABLE WRAPS

• SERVES: 2

INGREDIENTS

- 240ml maple syrup
- 240ml lemon juice
- 2 tbsp chopped ginger
- 1 Scotch Bonnet chilli, including seeds
- 170g ground almonds
- ½ a head Savoy cabbage, shredded
- 6 very large chard leaves
- 85g chopped cashews
- 1 large carrot, cut into matchsticks
- 1 large ripe mango, cut lengthwise into ¼ inch-thick strips
- handful of coriander leaves
- handful of torn basil leaves

METHOD

Blend the maple syrup, lemon juice, ginger, and chilli until smooth, then gradually add the ground almonds to form a thick paste.

In a bowl, mix the shredded cabbage with half the paste, reserving the remainder. Cut out the spine of each chard leaf, dividing the leaf in half. Place one half on a chopping board with the ripe side facing down.

Arrange a few tablespoons of the cabbage mixture evenly across the bottom third of the leaf, leaving about 1½ inches clear at the bottom. Sprinkle on some each of the chopped cashews, carrot and mango, and herbs, and roll up.

Repeat with the remaining leaves and fillings, and serve cold, with the remaining paste.

• Recipe courtesy of Lime Wood limewoodhotel.co.uk



RECIPE

CRAB AND AVOCADO TIAN

• SERVES: 2

INGREDIENTS

- 1 crab, brown and white meat picked
- pinch of curry powder
- 1 lime, zest and juice
- 1 tsp mayonnaise
- handful of coriander leaves, chopped
- 1 ripe avocado
- salt and pepper, to taste
- 1 tomato, finely chopped
- ½ an onion, finely chopped

METHOD

Mix the crab meat (reserving a little white meat), curry powder, lime zest and juice, mayonnaise, and coriander together in a bowl.

In a separate bowl, mash the avocado flesh with some seasoning. Add the tomato and onion and mix well.

Plate up two portions using ring moulds. For one portion, spoon in half the avocado mixture, press down into an even layer, then top with half the crab meat. Repeat for the second portion.

Carefully remove the ring moulds, then chill the tians for 15 minutes before serving, garnished with the reserved white meat.

• Recipe courtesy of Stoke Park stokepark.com



RECIPE

LOBSTER THAI CURRY WITH BUTTERED BASMATI RICE

• SERVES: 4

INGREDIENTS

FOR THE THAI CURRY PASTE:

- 10 long red chillies, deseeded and finely chopped
- 2 shallots, finely chopped
- 2 garlic cloves, finely chopped
- 2cm piece fresh galangal (or ginger), chopped
- 1 lemongrass stalk, finely chopped
- 2 tbsp coriander root, chopped

FOR THE CURRY:

- 1 tsp oil
- 1 quantity Thai curry paste (see recipe)
- 2 kaffir lime leaves
- ¼ tsp shrimp paste
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp paprika
- 200ml coconut milk
- 1 tbsp fish sauce
- 1 tbsp tamarind paste
- 1 lime, juice only
- 1 tsp palm sugar
- claws and meat from 2 lobsters, meat chopped
- 2 tbsp coriander cress (optional)

FOR THE RICE:

- 2 tbsp unsalted butter
- 2 cloves
- 1 cinnamon stick, broken in two
- 250g Basmati rice

METHOD

For the paste, blend all the ingredients to a smooth paste in a small processor and set aside.

For the curry, heat the oil in a wok set over medium-high heat, then add the paste and cook for 2-3 minutes, stirring. Add the lime leaves, shrimp paste, cumin, coriander, and paprika. Cook for 1 minute then add the coconut milk, fish sauce, tamarind, lime juice, and palm sugar.

Add the lobster meat and claws to the wok and heat through until piping hot. Reduce the heat and let the curry simmer gently until ready to serve.

Meanwhile, for the rice, melt 1 tablespoon of the butter in a lidded saucepan set over medium heat. Add the cloves and cinnamon and cook for 1 minute. Add the rice, stir, then add enough water to cover.

Cover with the lid, reduce the heat to the lowest setting, and cook for 20 minutes. Remove from heat and reserve, lidded, until ready to serve.

To serve, stir the remaining tablespoon of butter through the rice, and spoon the rice and curry into separate serving bowls. Serve garnished with coriander cress, if using.

• Recipe courtesy of Chewton Glen chewtonglen.com



THE AMERICAN SOUTH A ROADTRIP ALONG THE SOUTHERN STATELINES

Driving from Louisiana's swampy bayous to New Mexico's towering butes, **Eleanor Ross** explores the changing cultures in America's southern states

Images by Good Things, Getty, iStock

When I told my New York friend that I was going to drive from New Orleans to LA, he scoffed. 'You're taking a road trip through desert? There's nothing to see.'

Having just wound up the trip in LA, sitting by the pool at Shutters on the Beach in Santa Monica, I couldn't disagree with him more. My legs ached from superlative hiking in Big Bend National Park, my stomach ached from all the gumbo in New Orleans, and my brain ached from trying to get my head around the Mexico-US immigration crisis in Ciudad Juarez. But most of all, I've realised just how big America is, and how you can travel for hours and not see a single car.

I wanted to develop my understanding of what made the southern American states tick - race relations, confederacy, Louisianans with a 'Hurricane Katrina' stoicism, and why these areas were Republican strongholds. I also wanted to experience the vastness - a place where there are so few

obstacles to break the view that all that can be made out is the curve of the horizon.

This road trip didn't take the most direct route: starting in New Orleans, it moved on to Austin, then Big Bend, followed by a stop in El Paso - known as one of the most dangerous cities in the US, then headed onwards to Phoenix, through Joshua Tree National Park, and into LA.

New Orleans in June is just as good as New Orleans in carnival season because it's as peaceful as the Big East gets. Although college students stumble along Bourbon Street, beers in hand, away from the main drag the more genteel side to New Orleans blooms.

Restaurants and cocktail bars are squirrelled away on wrought iron balconies, and the heavy sound of jazz drumbeats ricocheting around the Frenchman district. People come for the music, but stay for the food.



Left: On the road through the post-Katrina south

Above: The beautiful and desolate desert south

Right: New Orleans, the soul of the south



FOUR MORE GREAT FOOD TRUCKS IN AUSTIN, TEXAS

- **Chilatros:** This Korean-Mexican hybrid truck serves up tacos and kimchi. Both refreshing in their own right; even more so together.
- **Hey!** You gonna eat or what?: Big sandwiches and attitude. Come here for great flavour and sizeable portions of meat.
- **Little Lucy's Mini Donuts:** If you haven't just come from New Orleans, there's a chance you might be craving batter. Nowhere is better to sate that craving.
- **Eastside Kings:** Come here for the beetroot fries served with mayo, vended from trucks painted in sunshine shades.

Beignets, jambalaya, and gumbo: the flavours of the south as far as many Americans are concerned. We got to Mother's early to avoid the queue, keen to sample their infamous 'Ferdi Special'; a po'boy crammed with ham and roast beef dipped in 'debris' - a meaty jus. A po'boy is troublesome to eat; the bread doesn't quite hold it together but the flavours were so deep it didn't matter. By the time we'd finished, the queue was already out of the door.

For beignets, we side-stepped world famous Cafe du Monde on the advice of every local we met and headed instead to Morning Call - an institution which delivers fluffy, powdery fritters without the staggering queues.

Frenchman Street was our jazz destination, all tip-tapping no-cover bars and bright music-themed murals. Cocktails with bitters and bourbon in the world-famous Sazerac were drunk with music in my ears and rhythm in my feet.

A visit to New Orleans needs to include a trip to the dry sounding State Museum of Louisiana. But the Living with Hurricanes exhibition, with a focus on Katrina is a remarkable testament to what New Orleans has had to deal with over the past few decades. The exhibition hits hard with powerful images, descriptions of rescue attempts, and how the town has rebuilt itself five years later. It's incredibly moving. As we started our trip west towards Baton Rouge, where Katrina caused more devastation, we saw evidence of trees disrupted by the hurricane and ruined houses that were never rebuilt.

After Louisiana, our first stop was Austin, Texas, where we went for the pop-up restaurant scene, food trucks, and nightlife.

"Cocktails with bitters and bourbon in the world-famous Sazerac were drunk with music in my ears and rhythm in my feet"

TOP TRACKS FOR A ROAD TRIP THROUGH THE DEEP SOUTH

- **Alabama Shakes**, *On Your Way* Rough-edged, jump-about music; perfect for putting your foot on the pedal
- **Bessie Smith**, *Backwater Blues*: Everything you could expect from a throaty chanteuse growing up down South
- **The Dixie Chicks**, *Wish I Was Stronger* Sums up Southern life in a few powerful lyrics and a rip-roaring, foot-tapping rhythm.
- **Lucinda Williams**, *Lake Charles*: As our route took us through Lake Charles, this song helped us understand the bayous and backwaters of the region

We parked up at the Hotel Saint Cecilia with its beatnik-style bungalows and pool, the latter much welcome.

In the heat which crept up to 39C by the middle of the day. We logged onto roaminghunger.com/aus to find a food truck to satisfy our Texan food cravings, and, following some social media and sat-nav detective work, hunted down tacos at the Veracruz All-Natural truck on the recommendation of a barista at the coffee shop we were in.

The food we ordered satiated us for the afternoon - chicken mole and veggie tacos and tangy *pico de gallo* (rooster's beak) relish, all washed down with fresh pineapple juice. Kicking back on a fold-up chair outside the truck, my travel buddy Sam put his hands behind his head and declared them, 'the most interesting tacos I've ever eaten. In a good way.'

That evening, we headed up trendy Rainey Street, which was full of locals chilling after work with cold beers. We settled in at Craft Pride to find out a little more about the clichéd craft beer drinker in Austin. Everyone was bearded and looked like a lumberjack, but the bar snacks were great and each beer came with a backstory.

The drive across Texas took two days and two motel stops. All car parks filled with trucks and pick-ups, this landscape was hot, desolate, and dominated by tractor salespeople and smallholders. Although my friend was right - there really was nothing to see - there's something freeing about being able to look in every direction and not see a single dwelling. Although we craved comfort, we had to stick to motels, which conjured up a Steinbeck style element to the trip.

Big Bend was our final Texas stop. We set up at the Chisos Mountain Lodge and readied ourselves for rafting down the bumpy rapids of the Rio Grande, after which we dried off in minutes under the desert sun, ate ice cream at the visitor centre, and took a lazy river walk, ensuring a good night's sleep before we ascended Emory Peak in the Chisos mountains.



RECIPE

SOUTHERN GRITS

● **SERVES: 4**

Love them or hate them, you can't ignore grits in the southern states. Likened by some to polenta, and others to semolina, there's really no way of describing grits unless you taste them. Serve with scone-like American biscuits, bacon, or a hunk of barbecued meat.

INGREDIENTS

- 400ml water
- 100ml milk
- ½ tsp salt
- 100g quick-cooking grits
- a generous knob of butter

METHOD

Bring the water, milk, and salt to the boil in a large saucepan. As it boils, stir in the grits until thoroughly combined.

Lower the heat, cover the pan, and leave to cook for 25 minutes, stirring occasionally to prevent sticking. Stir in the butter, season to taste, and serve.





RECIPE

LOUISIANA-STYLE CHICKEN WINGS

• SERVES: 2-4

Every other restaurant in Louisiana sells chicken. The others all sell crawfish. Recreate your own taste of Louisiana using this recipe.

INGREDIENTS

- 450g chicken wings
- 1-2 tbsp Louisiana hot sauce of your choice
- 200ml dry white wine
- 1 onion, peeled and finely chopped
- 1 clove garlic, minced
- 75g dark brown sugar
- 1 red chilli, deseeded and chopped
- 1 tsp paprika
- 1 tbsp tomato purée
- salt and black pepper, to taste
- handful of chopped coriander leaves

METHOD

Place the chicken wings in a bowl with the hot sauce and white wine, mix, and leave to marinate at room temperature for 30 minutes. Meanwhile, preheat oven to 190C.

Transfer the wings to an ovenproof dish. Add remaining ingredients to the wine-and-hot sauce mix in the bowl, stir well, and pour over the wings.

Cover the dish with foil and bake for 30 minutes, then remove foil and continue cooking, turning occasionally, until cooked and coated with a sticky sauce. Serve sprinkled with coriander, with extra hot sauce on the side.



RECIPE

POSOLE STEW

• SERVES: 4

This is a traditional dish from New Mexico, using hominy corn – whole slaked maize kernels, available canned from specialist online retailers like Mex Grocer (mexgrocer.co.uk), which also offers a complete Posole Dinner Kit.

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 4 red chillies, chopped
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp salt
- 400g piece pork shoulder
- 2l chicken stock
- 400g canned white hominy corn, drained

METHOD

Heat the oil in a large, deep saucepan set over medium heat, and fry off the onions, garlic, and chillies. Reduce heat to low, add the spices, seasoning, and a dash of water to form a paste, and stir and cook until the raw smell of the spices dissipates.

Increase the heat, add the pork loin, stir to coat in the spice paste, and cook until slightly browned. Lower the heat, cover with the liquid, and stew for 2 hours, or until the meat can be shredded. Remove the meat from the pot, shred, and return to the liquid with the hominy. Simmer for a further 30 minutes, check seasoning, and serve hot, with tortilla chips and guacamole.



The first four miles of the ten-and-a-half hour trek is through sweetly-scented pine forest. Although we'd started the walk at 6am, we were well aware that we would be descending with the Texan sun beating down on our heads. The last stretch was a scramble. My legs ached, and I had a slight headache from the sun, but the 360-degree panoramas at the top justified the pain.

The next morning we were stiff, tired, and dehydrated from the walk. 'I'm going to take it easy,' said designated driver Sam, as the car edged out of Big Bend and towards New Mexico.

In Ciudad Juarez, where we spent a night, immigration police patrol the Mexican border. Hundreds get detained annually trying to cross here, but apparently the numbers trying to get into America are falling. Border posts in orange and white mark the physical boundary, although there's barely any difference between the architecture of the two countries. The poverty on show here in America's most southerly states is overwhelming and deeply depressing at times: kids living out of trailers are a frequent sight, as are boarded-up houses.

On a long, dusty drive through Arizona's orange desert, tumbleweed was our companion, and we had to make

Above, left: the still serenity of Arizona

Above, middle: border city El Paso is one of the US most dangerous cities

Above, right: all roads lead to the ocean

regular service station stops to load up on coffee and sugary snacks to stay awake.

But crossing into California, and subsequently Joshua Tree National Park, we were met by incredible dry, still beauty. Joshua Tree is where the Colorado and Mojave desert ecosystems meet. Maeve, a local who visits most weekends to climb, told me that we'd just missed the wildflowers that carpet the valleys here. 'They were late to bloom this year. Pinks, purples and blues, but it's too dry now.'

After stretching our legs on one of the easiest walking trails before setting off on our final drive, towards the Pacific Ocean and Shutters, our beautiful hotel on the Santa Monica beach.

We hit our first traffic jam in six days during LA's evening rush-hour. After driving through such sparse country, I was almost glad of the fumes and company. Finally pulling in outside the hotel, we pootled along to Santa Monica pier and dipped our toes in the ocean.

The sun had set, but families were still picnicking along the coastline as we put paid to the craziness of the city and the exhaustion from our drive with two superb mojitos taken on the terrace, overlooking the now-darkening beach. 6

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Images by Getty, Good Things

ESCAPING THE SUMMER SUN:

ST. PETERSBURG TO SWEDEN

If you can't stand the heat this summer, start planning a cooler getaway. **Eleanor Ross** looks north to find the best places to chill out this summer

If you're not a fan of hot weather, baking-hot beach holidays probably hold scant appeal. Instead, use the summer months to explore the world's cooler climates which become more hospitable as the ice melts.

▲ ST. PETERSBURG

June is the perfect time to visit St. Petersburg. Usually ravaged by snow and icy winds that make pottering around the museums and galleries an unpleasant experience, come June, the city thaws out. Fur coats come off and a lightness to the Russian character is revealed. Between 11th June and 2nd July, St. Petersburg experiences 'Beliye Nochi' - 'White Nights' - where the sun doesn't set all night. The night is so bright that even the streetlights don't come on.

It's rare for June temperatures to push above twenty degrees; nowhere near hot, but the perfect climate for outdoor festivals. Enjoy the Scarlet Sails boat show, which chugs up and down the Dneiper and fires fireworks off into the light

evening sky. If the river has inspired you, sign up for a canal cruise around the city's network: these waterways are impassable in winter, as they're frozen for months on end.

Even if the sun is shining, St. Petersburg's museums and galleries are still worth a visit. Head for the Peter and Paul Fortress where the second Russian Revolution began in 1917, and, if that's piqued your interest, the museum of political history, too. Boasting numerous art galleries, not for nothing is the city known as 'the Russian city of culture'. The Hermitage is the most famous, with its display of fine art and Faberge eggs, whilst the Museum of Non-Conformist Art offers a challenging yet fascinating look at the evolution of modern Russian art.



ANCHORAGE

Anchorage is Alaska's most populous city. Tourists come during the winter months to whale-watch and kayak between glaciers, but during the summer, with temperature highs of seventeen degrees, the city and its surrounds open up even more. If an easygoing family walk is your thing, take the chance to embark on a no-snow hike along the Toby Knowles recreational trail.

Want some higher peaks? Chugach State Park is mostly snow-free in June. Great for rock climbing, you can hike here for days and not see another soul, yet never leave Anchorage. The craggy scenery of Alaska is what makes northern Anchorage special - the light, the mountains, and the sea all transform what would be an everyday American city into a destination town.

If you've come to Alaska to see bears and whales, June won't disappoint - although bears will have headed inland to forage off spring flowers, so you'll have to go on a bit of a ride to see the wildlife. Beluga whales, on the other hand, are numerous along the coast, and whale-watching tours depart daily from Anchorage.

WHERE TO HANG OUT IN ANCHORAGE

Even in the summer months, Anchorage can be chilly. Here's where to warm up after a long day in a boat.

MOOSE'S TOOTH BAR AND PIZZERIA

Serving massive, stone baked pies, and an enormous selection of beers and whiskeys, this is a great place to kick back moosestooth.net

GLACIER BREWHOUSE

If there's one thing Anchorage is famous for, it's top-notch seafood. Try Alaskan smoked salmon dip or Bering sea crab with a craft brew glacierbrewhouse.com

ORSO

Yet another great place for Alaskan seafood. But when your local produce is this good, why shouldn't you flaunt it? orsoalaska.com

SVALBARD

The most northerly point in Europe, beyond Nordcap and well into the Arctic Circle, Svalbard can be reached by flights from London via Oslo.

Whereas in winter people head to Longyearbyen for husky sledding and almost guaranteed Northern Lights-spotting, summer brings a completely different demographic to the island.

It's still cold, granted, but a bearable cold, rather than the minus-thirty degree blizzards that sometimes blow up out of nowhere in midwinter. Visit in June when the sea ice will have receded, and watch walrus sun themselves on the ground, tusks out, tanning. Take a boat out to watch Orcas leap into the air, propelling their vast, weighty bodies out of the sea. Narwhals, with their long tusks, are still poached, but if you manage to see one, it'll probably be the most memorable (and strangest-looking) mammal you'll ever see.

It's possible you'll still see polar bears roaming the ice, less likely to attack humans now food is plentiful, but hungry nonetheless. When you've had your fill of hunting down wildlife, poke your head into the world's most northern church, or trace the trail of the two northernmost statues of Lenin in Pyramiden, left here after the Soviets established a base at Barentsberg.

Stay at the Svalbard Lodge (svalbard.net), which offers warm, stylish lodging with blackout blinds during the chilly summer nights.



SWEDISH LAKES

Sweden has one hundred thousand lakes. Although the figure seems excessive, all come in handy when half of Sweden's population decamps to their lakeside log cabins each summer.

Southern Sweden is surprisingly temperate in summer, so to make the most of non-icy Sweden, head north to Jamtland County. Normally a hub for winter sports, the area's capital Östersund is the perfect jumping-off point for exploring the lakes around the Storsjön area.

It'll rarely reach more than seventeen degrees here, even during Midsummer, which makes this region perfect for long kayaks around the lakes, hikes up the surrounding mountains, and restorative drinks after a hard day's fishing with your legs dangling off the cabin's pontoon into the warmed waters of the lake.





RECIPE

SWEDISH MUSHROOM PÂTÉ

• SERVES: 8-12

INGREDIENTS

- 25g butter
- 2 cloves garlic, finely chopped
- 3 shallots, finely chopped
- 500g woody mushrooms (chanterelles are best), chopped
- 2 sprigs fresh tarragon
- 200g cream cheese
- 100g chestnuts, roughly chopped
- salt and black pepper, to taste

METHOD

Heat the butter in a pan set over medium heat and sauté the garlic and shallots until softened. When cooked, add to a blender with all remaining ingredients and process to desired texture. Compress into ramekins and chill in the refrigerator for at least 2 hours before serving.



RECIPE

SOLYANKA

• SERVES: 4

This is the second-most famous Russian soup export, and it's frequently found in St. Petersburg as a cheap staple.

INGREDIENTS

- 2 tbsp butter
- 500g stewing beef, diced
- 150g smoked bacon lardons
- 1 onion, chopped
- 1 carrot, chopped
- 1 stick of celery, chopped
- 1.5l chicken stock
- 3 tbsp tomato purée
- 2 bay leaves
- 1 tbsp finely chopped parsley
- salt and pepper, to taste

METHOD

Heat the butter in a frying pan set over medium-high heat and fry off the beef and bacon until browned. Add the onion, carrot, and celery. Cover and sweat for 3 minutes, then add the stock and remaining ingredients. Reduce the heat to low and simmer for 45 minutes or longer, until flavoursome and thickened to your liking, avoiding boiling the soup. Season to taste and serve hot.



RECIPE

GLAZED ALASKAN SALMON

• SERVES: 4

INGREDIENTS

FOR THE GLAZE:

- 75g brown sugar
- 2 tbsp runny honey
- 1 tbsp sherry vinegar or apple cider vinegar
- 1 dash liquid hickory smoke
- salt and pepper

FOR THE SALMON:

- 4 x 150-175g salmon fillets

METHOD

Preheat the grill to high and mix all the glaze ingredients together. Rub most of the glaze over the flesh side of the salmon fillets and grill for 4-5 minutes. Remove and baste the skin side of the fish fillets with the remaining glaze. Cook for a further 4-5 minutes until skin is crisp, and serve hot.



Mind your manners Images by iStock GERMAN CUISINE

Eating abroad can be fraught with difficulties: **Douglas Blyde** talks through the etiquette of eating in Germany

At its borders, Germany draws richly from the cuisine of all her nine neighbours. Each region boasts a fondness for sausages - indeed, an estimated one thousand two hundred examples - charcuterie, smoked, blanched (including the Frankfurter), and grilled - are produced.

Kingsley Amis once said that German wine labels are 'one of the things life's too short for', the country's wines, higher echelons of which once outsold first flight Bordeaux, are very much worth exploring. Although officially a nation of beer lovers, with the sixteen-day long Oktoberfest attracting over six million visitors to Bavaria, wine lovers may find nirvana at Bad Dürkheim, where the world's largest wine festival occurs in the midst of the world's largest wine barrel...

PUNCTUAL

Consider Shakespeare's words 'better three hours too soon than a minute too late' when attending dinner in Deutschland. Germans don't do 'fashionably late', even for an informal grill party. If irrevocably delayed, put in a telephone call rather than send a text message - ensuring you are armed with ample explanations.

GIFTS

Pointed objects like knives or umbrellas are considered unlucky. Instead, consider bringing a souvenir from the UK.

STARTING PISTOL

Nobody drinks at dinner before the host toasts the group's health, often with 'prost!' ('cheers!') or 'zum wohl!' ('to your health!'), uttered whilst looking your fellow imbiber deep in the eye - from initial lifting of stem to sipping and subsequent return of glass to table. Incidentally, the legal drinking age in Germany is sixteen for beer and wine.

PARAPHERNALIA

It is common to use a knife and fork to eat sandwiches and fruit, but less so to cut potatoes or dumplings, which can suggest a lack of tenderness to your host.

DOWN TO BUSINESS

Best not weave in non-business chat during increasingly-popular working breakfasts, or lunches and dinners, unless your German host initiates it; and avoid lapsing into first-name informality.



A TASTE OF GERMANY IN THE UK

- **Kurz & Lang**, on a corner of Smithfield market, offers 'proud and perky bratwursts'. kurzandlang.com
- **Katzenjammer** at the Hop Exchange near Borough Market promises twenty five craft bottled Bavarian brews alongside nine on draught, with meatloaf and fulsome, paprika-infused beef soup, 'gulashcsupe', on the menu. katzenjammers.co.uk
- Outside the capital, **The German Café**, Shirley, serves traditional jaeger ('hunter'), zigeuner ('gypsy'), and onion schnitzels; meatballs; and strudels. thegermancafe.co.uk



SHARE SEATS

At less-formal restaurants, like beer gardens and vineyard bistros, you may be required to share a table. But remember to enquire, 'Ist dieser Platz noch frei?' (Is this seat free?) before wishing your newfound neighbours, 'guten appetit.' Although this could be the start of a beautiful friendship, there is no need to foster further dialogue. And, although it's common practice to find your own seat, avoid sitting at the 'stammtisch'; a specific table marked with those letters, dedicated to regulars from a company or society.

RELIANCE ON RULES

Compliment sparingly and carefully; it may embarrass rather than please.

TIP TOP TAP

Even though it is safe to do so, bottled water –whether sparkling or still ('stilles wasser') – is more often drunk at table over tap water ('leitungswasser').

GRATUITY

Although often included in the bill, if wishing to add an extra

"Nobody drinks at dinner before the host toasts the group's health, often with 'prost!' - uttered whilst looking your fellow imbibers deep in the eye."

tip, better to give the total cost of the meal to your waiter rather than specify an exact gratuity. 'Stimmt so' means 'keep the change'. And do not be surprised if your credit card is deflected in all but the fanciest of restaurants in favour of cash. ⓘ

'Guten Appetit'
'Enjoy your meal!'



HALLOWED IN HYDERABAD

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THE REAL TASTE OF INDIA



HIMALAYAN HIKING — A BIRD'S EYE VIEW OF INDIA

The Indian Himalayas offer manageable trails and staggering views for visitors prepared to go the extra mile off the beaten track

Written by Finley Middleton Images by Getty, iStock, Good Things

I am far from the India of popular imagination – no swaying palms and sandy beaches or bustling cities; just vast expanses of grey shingle stretched out before me and, in the distance, the grey peaks of the Himalayas, shrouded in fog for most of the day.

After three days' travel from Delhi by train and road, I reached our first camp at pretty Gurson Meadow, and have found myself in this bleak, barren environment which changes colour and temperament in an instant. A storm arrives overhead, but the strong winds at high altitude whip it away and the sky clears up in hours.

Nanda Devi is the second-highest mountain in India, after Kanchenjunga. Our tour group isn't going to ascend it: its twin peaks require a great deal of technical skill and climbing ability, something we do not possess. Our route will snake through the lower Alpine passes, traditionally used as the start of Tibetan-Indian trade routes. Goats and mountain sheep wander the dusty trail paths, and, if it weren't for the sweet smell of spicy masalas each time we passed a small settlement, I'd swear I was in Austria.

The mountain is found in the Garwal and Kumaon area in India's northeast Himalayas and, once we get high enough, our guide promises that we'll be able to see Nepal to the east and Tibet to the north.

'Come on, time to go.' The walk master taps his tin flagon on the side of his collapsible chair to empty out any remaining liquid, and starts to chivy us to action. As we commence the fifteen-day trek towards and along the Kuari Pass, I talk to our guide, Chris, who spends his summers taking keen hikers up into the Himalayas. Back home, he is a supply teacher, but seems to spend every vacation traversing Alpine passes and climbing mountains.

Here, he seems perfectly content. Surefooted as a goat, he holds our arms as we slip over scree, and points out brightly-coloured spring flowers with the practised knowledge of a botanist. 'People who come to India don't always think about hiking. They think about getting a tan, or getting sick. But India is a country of a thousand faces. And the summer months are by far the best time to explore her highest ones.'

In winter, the valley where we are walking are ices over. But now, glacial run-off trickles down rocks and over hills. 'This is the purest water you'll ever drink,' says Chris, waving off our questions of whether we'll need water purification tablets. Our trek will take us to 3600 metres, not high compared to

Everest, but at a great enough altitude that we may suffer sickness.

My head is already pounding, having come up to 2800 metres from Delhi, which sits mainly at sea level. At its worst, altitude sickness is fatal, but normally it's just frustrating and agonising – an encroaching hangover headache as though you'd downed a shot of every drink in the bar, except no amount of water or sleep will shake it off. Sound bad? It's horrible. I'm determined to avoid altitude sickness on this trek. It's far longer than others I've undertaken, and I can't bear the thought of having a headache for longer than a day.

The next day's hike brings us to a forest camp at 3200 metres, and, after a slap-up curry dinner around the proverbial fire, we all go to bed before 9pm. I'm sharing my tent with a woman from New Zealand: in her late fifties, she says, although she looks half that. 'It's all the walking, sweetheart,' she says, as the light clicks off outside.

The next morning is foggy; the cold clings to our bodies like frightened children and I do a few hasty star jumps to get my circulation moving. Hot, sweet chai arrives before departure. Today will be a short, steep ascent, up to the Kuari Pass, but we'll camp before we ascend fully for the sake of acclimatisation. The fog still hasn't lifted by the time we reach the ridge, worrying Chris. 'Let's sit and have some tea,' he calls.

As we sit there, Chris anxiously looking at his watch every few minutes, the first few rays of sun break through the clouds. Within twenty minutes the sky is a brilliant blue and the sun so blinding that we don sunglasses. Now we can see, we realise great mountains are spread around us – something we'd been unaware of. Chris points out the peaks of Nikanth (6596 metres) and Mana Peak (7272 metres), and we set our bags down after a long four-hour scramble. This afternoon will be spent acclimatising, and anticipating the views our high camping vantage point would bring the following morning.

The next day heralds our ascent to 3530 metres along the Kuari Pass. I try to ignore my throbbing head, and instead attempt to focus on the deep oranges and reds which define the surrounding mountains. The view is incredible – it's all I can do not to stumble over my feet.

"India is a country of a thousand faces.
And the summer months are by far the
best time to explore her highest ones."



"I relish the rush of the river and the sounds of the circling eagles that will soon be a memory"


BEST SNACKS FOR LONG WALKS

- Opt for foods that are calorie- (but not weight-)dense - like sunflower seeds and pine kernels.
- Snickers bars are perfect; they're very calorific but also contain peanut protein.
- Dry apple is light and you can carry it for long treks. It'll inject vitamins into your walk.
- Dehydrated cooked sweet potato has a great weight:calorie ratio - just add water.

children have probably never seen such white bodies before, and they point and giggle at us: these grown adults having time for play. I realise how lucky I am.

We've reached the final day of the trek. Those who want to carry on further up the pass will remain, while three of us will be picked up and driven back to the railway station nine hours away, where we'll hop on an overnight train to Delhi. As my time is short, I am heading home.

The remaining five, their dusty boots caked in mud and clothes crisp from dried sweat, look eager to press on. My thighs ache and I have a ski-tan, but, as I relish the rush of the river and the sounds of the circling eagles that will soon be a memory, I am painfully sad to leave this Indian wilderness and head back to Blighty.

My altitude headache has left since reaching the valley floor and I take in huge gulps of mountain air as I drink sweet tea and spoon porridge into my mouth. The truck rolls up, the clouds of dust visible in the distance before the vehicle itself, and I leave this quiet paradise and bid the mountains farewell. 

Two days later, after more of the same stop-start acclimatisation, we finally dip into valley and begin our walk to Pana village, where a staggeringly-large waterfall is said to await. We cross a large suspension bridge over the river, all eight of us on the walk now buoyed by the thought of a dip in the river to wash the dust and grime off our bodies. The river is fast-flowing, thanks to the meltwater from the surrounding hills, but as we get closer, we see children as young as three jumping off rocks and splashing around the shallows.

With permission from knowledgeable Chris, we begin to strip off our clothes, and, unashamed of our nakedness, join in the river splashing. The



RECIPE

SPICED LENTIL PATTIES

• **MAKES 4**

This cornmeal and wheat-flour flatbread embodies Rajasthani spices and techniques.

INGREDIENTS

- 200g pre-cooked urad dal (spilt, skinned black lentils)
- 1 tbsp gram flour
- 4 cloves garlic, puréed
- 1 thumb of ginger, puréed
- 1 tsp ground cumin
- 1 tsp asafoetida
- salt, to taste
- vegetable oil, for shallow-frying

METHOD

Grind the lentils into a rough paste and add the other ingredients except the oil.

Shape the patties into hockey puck-sized balls and flatten slightly. Heat 1cm of oil in a frying pan set over medium heat and, when it starts to bubble, add the patties. Cook for 3 minutes on each side, drain excess oil on kitchen paper, and serve.



RECIPE

NEPALESE GREENS

• SERVES: 4

Indians mountain-dwellers use mustard greens to make this dish, but kale or spring greens would work equally well.

INGREDIENTS

- 1 tbsp vegetable oil
- 1 tsp lovage seeds
- 2 tsp mustard seeds
- 1 tsp cumin seeds
- 1 fresh red chilli, diced
- 2 dried red chillies
- 2 cloves garlic, minced
- 1 thumb-sized piece of fresh ginger, minced
- 1 tsp ground turmeric
- 400g greens, sliced
- soy sauce, to taste

METHOD

Heat the oil in a frying pan set over medium heat, and add the whole spices and chillies. When the mixture starts to crackle, add the garlic and ginger, followed by the turmeric. Cook until the garlic's raw smell dissipates, then add the greens and soy sauce. Cover the pan with a lid and cook for 5 minutes to soften the greens, then serve.



RECIPE

TOMATO ACHAR

• SERVES: 4-6

An *achar* is a type of chutney which accompanies many of the best Himalayan dishes.

INGREDIENTS

- 3 tomatoes, halved
- 4 fresh red chillies
- 2 tbsp mustard (or vegetable) oil
- ½ tsp cumin seeds
- 1 tsp mustard seeds
- 4 cloves garlic, thinly sliced
- ½-inch piece of fresh ginger, grated
- 1 tsp ground coriander
- ½ tsp ground turmeric

METHOD

Heat a dry frying pan, add the tomatoes, and roast until they blacken. Remove from the pan and repeat with the chillies (open a window and put on the extractor fan!). Finely chop the tomatoes and chillies, and set aside.

Heat the oil in a frying pan set over medium heat and add the spice seeds, then, when they start to crackle, the garlic and ginger. Cook until the garlic browns, then add the ground spices and reserved tomatoes and chillies. Cook over high heat until the water evaporates and the chutney is thick. Cool before serving.

AUSTRIA'S HIDDEN CORNER



THE ALLURE OF AUSTRIA

Whether you're in tune with nature or a city-loving culture-vulture, Austria is the ideal destination for a summer getaway

Those who have seen *The Sound of Music* may know Austria from the romantic images of Salzburg and its surrounds as portrayed in that famous story. Indeed, the country is synonymous with beautiful nature, mountains, gently rolling landscapes, pure untreated drinking water in the lakes and mountain springs, uplifting panoramas, and a silence broken only by birdsong.

The historic capital city of Vienna has fast become one of the UK's top city break destinations, attracting visitors from all walks of life. Austria's great cities are a fantastic destination for a spring or summer break, punctuating the unforgettable countryside with pockets of vibrant culture.

With its lush green slopes and clear sapphire skies, Austria has a healthy appetite for outdoor living. Visitors will love the emphasis on diverse alfresco activities, from city sightseeing, to hiking, to golfing on one of the many prestigious courses. Not sure where to start? Local experts are on hand to advise, whilst numerous organised group activities provide

opportunities to meet like-minded people. Then there's the chance to immerse yourself in some of the many splendid festivals held in Vienna and Salzburg, enjoying the history and architecture along with the exciting atmosphere. When you've overdosed on culture, take a well-deserved break and watch the world go by from one of the many famous coffee houses.

WHERE TO STAY

AUSTRIA'S FINEST Experience Hotels are a selection of small, exclusive hotels offering affordable luxury. Keen to stay within singing distance of Vienna's Opera House? Try the formidable **Hotel Sacher** (and a slice of its world-famous cake, the Sachertorte!). Celebrities and those in the know love the **Biohotel Stanglwirt** in Tyrol's Wilder Kaiser.

Holidaymakers in need of a relaxation and wellness break will adore the facilities at new member venue **Hotel Central** in beautiful Sölden – including a unique 1,500m² water world. For a break at a lake, relax at the **Weissen Rössl** at beautiful Lake Wolfgang where, after a few laps in the



heated pool set inside a natural lake, you can linger in the outdoor Jacuzzi. Yet more luxury abounds at the traditional **Salzburgerhof**. Located splendidly at Lake Zell am See, the award-winning five-course feasts are as awe-inspiring as the local landscape.


Gartenhotel Theresia is the ideal residence for families; known for fine food, well-positioned for all sorts of activities, and boasting its own pamper palace, the Mountain Green Spa. Effective, unique Austrian therapies often incorporate tried-and-tested products made from local ingredients, often combining indoor and outdoor elements.

Kids will love the **Karawankenhof in Carinthia** – which offers them plenty of water-based fun whilst parents are indulged. Outdoorsy families might like to opt for Hotel **Trattlerhof**, where they will be in close proximity to animals



and horses and can enjoy riding lessons and fantastic dining.

In fact, the finest, freshest organic food is an allure of all these hotels, with much of the produce locally-sourced and grown or made in-house. If you are enjoying the culinary delights, you may be keen to lend a hand with making local cheese or baking bread... or perhaps embark on a wine-tasting experience.

This is just a small snapshot of what's on offer from **AUSTRIA'S FINEST Experience Hotels**, with the collection comprising something for every holidaymaker - whether they're seeking a calming waterside retreat, a spot of sailing, a culture-packed city break, or something else besides. 

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OF GOOD THINGS FOR DETAILS ON A
FANTASTIC AUSTRIA COMPETITION!**



Food & Drink IN ALMERÍA — & MURCIA —

Written by Kavita Favelle Images by Kavita Favelle, iStock

Spain is a perennially popular travel destination, attracting visitors keen to explore its gastronomy, as well as its glorious beaches



The neighbouring regions of Almería and Murcia lie along Spain's sunny southeast coast. Blessed with an excellent climate, the local cuisine reflects the abundance of fresh produce, supplemented by locally-reared meat and fish from the Mediterranean.

AJO COLORAO

Typical of the Almerían kitchens, this fish stew is made with mashed potatoes, garlic, dried peppers, and cumin, and is usually served with fried cornmeal buns.

ALCACHOFAS DE LA ABUELA

'Grandmother's artichokes' may not look very promising dish on the plate, but they are much-loved in Murcia; not least for the delicious sauce. Fresh artichokes are peeled to reveal the heart, fried in olive oil, and then cooked in wine and stock until tender. This cooking liquor is thickened with flour and served over the halved artichoke hearts, with toasted pinenuts scattered on top.

ARROZ CALDERO AND OTHER RICE DISHES

Originating in Mar Menor, arroz caldero is named for the cauldrons it was once cooked in and has its roots in the nineteenth-century fishing community. Fishermen would cook themselves simple and hearty rice stews, adding the least-profitable fish from their catch. Core ingredients are rice, tomatoes, capsicum and fish, with paprika and ñora peppers added for smokiness. Today, the fish is usually served separate from the rice.

BONITO CON TOMATE

Like tuna, bonito is a popular fish, abundant in

Mediterranean waters. Smoked or salt-cured bonito is paired with fresh raw tomatoes and olive oil, and the dish is also made using tuna and cod.

CARNE A LA BRASA

Along with fish and seafood, grilled meats are at the heart of most traditional meals. Lamb and goat are particularly popular, often served with potato dishes like Murcian favourite 'patatas al ajo cabañil' (cooked with garlic and a hint of vinegar).

CALAMARES EN SU TINTA

This simple dish of squid cooked in its own ink doesn't boast the most appetising appearance; however the freshness of garlic-and-ink-enriched seafood is a delicious treat. A similar dish made with chipirones – whole baby squid – often has broad beans added.

GAZPACHO

Originating in Andalucía (of which Almería is the most eastern province), this simple bread soup has been the subject of many jokes about it being served cold; a most welcome aspect during the heat of summer. The colour depends on which vegetables are added – plain versions are white, red ones have lots of fresh tomato, and green gazpachos are flavoured with fresh herbs.

GURULLOS

Gurullos is a small-sized pasta typical of Almería, shaped by rolling the dough into thin cords and pinching off little pieces. It is often used in hearty dishes such as gurullos con conejo (with rabbit) or in vegetable broths with beans or chickpeas.

MATRIMONIO ANCHOA Y BOQUERÓN

The combination of anchoa (brined anchovies) and boquerón (vinegar-cured anchovies) is indeed a marriage made in heaven, and a typical Murcian bar snack. Though you'll sometimes see matrimonio on toast or with slices of grilled red pepper, it's often served simply on its own.

PAPARAJOTE

This simple fried sweet is emblematic of Murcian pastries, originally introduced to the region by Arab invaders and now associated with spring festivals. Aromatic lemon leaves are dipped into a flour and egg batter, deep fried and dusted with sugar and cinnamon. Don't let locals trick you into eating the inedible leaf – it is intended only to give a lemon-scented flavouring to the crispy coating and is pulled out from the batter and discarded.

PULPO A LA MURCIANA

In Murcia, octopus meat is cooked long and slow – baked in an oven with wine, peppercorns, garlic, and bay leaves – until it's beautifully tender and full of flavour; a good few hours are needed. It's served chopped into pieces and drizzled with lemon juice and olive oil.

SOPA MORUNA

This soup is an Almerían version of the Moroccan dish harira and, similarly, it has a meat-and-vegetable base with lentils, garlic, coriander, and saffron also added.

TABERNEO DE ALMERIA AND PISTO MURCIANO

A variation on ratatouille, the Almerían stew of onion, capsicum and tomato often has a little chilli for extra kick and is served on its own as a starter, in sandwiches, or with salted cod added to make a more substantial dish. In Murcia, look for pisto, which adds aubergine to the basic mix of vegetables – beaten egg is commonly added shortly before the pan is taken off the heat.

TOCINO DE CIELO

This caramel cream dessert is a regional variation of Spanish flan, the key difference being that it uses only egg yolks rather than whole eggs, owing to origins in Jerez, eastern Andalucía. Local wineries used egg whites to clarify their wine, donating leftover egg yolks to a nuns at a nearby convent, where they were put to good use in this rich, yellow flan. Confusingly, the dish has come to be known as 'tocino de cielo' ('heavenly bacon') despite there being none in the dish; it's likely a contraction of the original name 'tocinillo de cielo' ('heavenly pudding').

VERDURAS A LA PLANCHA

Grilled vegetables may not sound very exciting, but when you visit a region known as the vegetable basket of Europe, it's the perfect way to enjoy very fresh and high-quality local produce. Sliced, oiled and thrown on a hot griddle, beautifully-charred vegetables are arranged on large platters to be served as a starter or later in the meal alongside fish and meat dishes.

FIVE FEASTS FOR THE EYES IN MURCIA

LA FORTALEZA DEL SOL

One of the largest castles in Spain, the mediaeval fortress in Lorca was constructed between the ninth and fifteenth centuries as a key defensive hold against Moorish invasions.

MAR MENOR

A salt-water lagoon separated from the Mediterranean by a twenty-two kilometre sandbank, Mar Menor has been a resort destination since Phoenician times. The wetlands to the north are preserved within a conservation sanctuary.

REAL CASINO DE MURCIA

Take a step back in time at this beautifully renovated eighteenth-century social club in Murcia city.

ROMAN THEATRE OF CARTAGENA

Enter via the informative museum to learn more about this impressive Roman theatre before viewing the restored remains.

SANTA MARIA CATHEDRAL OF MURCIA

Although construction started in the fourteenth century, the cathedral was expanded in the eighteenth century, the reason for the mix of architectural styles of the exterior. Inside, the style is predominantly gothic.

WHAT NOT TO MISS IN ALMERÍA



ALCAZABA

Spilling down an arid hillside, the Alcazaba is an extensive walled fortress built in the tenth century by the caliphate of Al-Andalus – a beautiful example of Moorish military architecture.

CABO DE GATA-NIJAR NATURAL PARK

Especially popular in the summer, when sea breezes and mountain shade offer welcome respite, this park offers beautiful views of the sea. The extensive El Albardinal botanical gardens are nearby.

CUEVA DE LOS LETREROS

Just south of Vélez Blanco, look for signs to these ‘caves of the signs’ featuring archeologically significant cave paintings made between 6000 and 3500BC. Contact the Vélez Blanco visitors office to arrange a visit and check out the local castle while you are there.

GUITAR MUSEUM

One for music-lovers, this new museum in Almería relates the history and manufacture of this classic instrument while also celebrating local guitar-maker Antonio de Torres.

MUSEO REFUGIO DE LA GUERRA CIVIL

This museum is a stark reminder of the horrors of the Spanish Civil War, during which Almería was the last Republican holdout and kilometres of concrete refuge tunnels were built beneath the city.





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Recipe Index

JUNE 2015

FISH

CRAB AND AVOCADO TIAN 121
Stoke Park

CRAB-STUFFED CAUSA POTATO DISH 65
Gastón Acurio

GLAZED ALASKAN SALMON 131

H. FORMAN ROYAL FILLET, TUNA TATAKI, WASABI AND SOY 51
Forman & Field

LOBSTER THAI CURRY 122
Chewton Glen

PIKE-PERCH WITH CRAYFISH SAUCE 117
Mänttä Club House, Finland

PIKE ROLLS 117
Päivi and Heikki Rönni

PIRI-PIRI PRAWNS 32
Tom Perkins

SUMMER ROLLS 71

MEAT

CÔTE DE BOEUF 84
Leiths School of Food and Wine

DUO OF LAMB – SLOW-BRAISED SHOULDER AND LOLLIPOPS 52
Forman & Field

GNOCCHI, BROAD BEANS, ARTICHOKE AND GUANCIALE 19
Michele Nargl

HUEVOS CRIOLLOS – CREOLE EGGS 72
Martin Morales

HYDERABADI BIRYANI 77
Cinnamon Culture

LAMB TAGINE WITH DATES AND ALMONDS 67
Richard Walton-Allen

LOUISIANA-STYLE CHICKEN WINGS 125

MIDDLE WHITE PORK SAUSAGE ROLLS 72
Dan Doherty

PIADINA ROMAGNOLA 73
Maurizio Morelli

POSOLE – NEW MEXICAN PORK AND HOMINY STEW 125

SAFFRON CHICKEN KORMA 76
Cinnamon Culture

SCOTCH EGGS 73
Graham Squire

SOLYANKA – RUSSIAN SWEET AND SOUR BEEF SOUP 131

VEGETARIAN

BEDOUIN BABA GANOUSH 32
Tom Perkins

BEETROOT BORANI 40
Sam & Sam Clark

BLACK CHICKPEAS WITH POPPY SEEDS 76
Sumayya Usmani

CHICKPEA, MANGO AND EDAMAME SUNDAL 72
Alfred Prasad

FIG AND ZA'ATAR-CRUSTED HALLOUMI SALAD 32
Tom Perkins

HERITAGE CARROT AND ASPARAGUS SEVICHE 71
Cláudio Cardoso

HIMALAYAN LENTIL PATTIES 138

PANEER, PEPPER AND PINEAPPLE KABABS 71
Alfred Prasad

POTATO AND POMEGRANATE SABJI 81
Anjula Devi

GUEST EDITOR'S RECIPE PUMPKIN GNOCCHI 18
Maurizio Morelli

SPICY THAI VEGETABLE WRAPS 120
Lime Wood

WHITE GAZPACHO 92

SNACKS, SAUCES & SIDES

BÉARNAISE SAUCE 84
Leiths School of Food and Wine

BUTTERED BASMATI RICE 121
Chewton Glen

DILLED NEW POTATOES 117
Päivi and Heikki Rönni

JALAPEÑO CORN PUDDING 40
Bird restaurant

LEEK AND POTATO CAKES 52
Forman & Field

NEPALESE GREENS 141

NUOC CHAM – VIETNAMESE DIPPING SAUCE 71

ROASTED COCONUT AND CUCUMBER SALAD 61
Shivi Ramoutar

ROASTED COURGETTE AND YOGHURT DIP 75
Shayma Saadat

SOUTHERN GRITS 124

SPICED POTATO FRITTERS 76
Shayma Saadat

SPINACH CREAM SAUCE 117
Päivi and Heikki Rönni

SWEDISH MUSHROOM PÂTÉ 131

THAI CURRY PASTE 121
Chewton Glen

TOMATO ACHAR 139

TWICE-COOKED CHIPS 84
Leiths School of Food and Wine

DESSERTS & SWEETS

ALPHONSO MANGO PUDDING 73
Rohit Ghai

BOURBON ICE CREAM 52
Forman & Field

BRÛLÉED STICKY TOFFEE PUDDING 52
Forman & Field

FIG AND HAZELNUT PEDRO XIMÉNEZ TRUFFLES 92

INDIAN DATE PUDDING 67
Kulsum Kunwa

PEDRO XIMÉNEZ BISCUITS 92

SMALL-BATCH VEGAN CHOCOLATE CHIP COOKIES 40
Izy Hossack

STUFFED CANDIED LEMONS 65
Gastón Acurio

TAMARIND GRANITA 69
Alfred Prasad

DRINKS

CARDAMOM CHIA SHAKE 59
Mira Manek

GREY GOOSE MARTINI PRÉCIS 36
White Lyan

RYE ME TO THE MOON 91
Terry Cashman

REBUJITO 91
Richard Bigg

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INCREDIBLE INDIAN



ASSADO

Located a stone's throw from both the Old Vic theatre and Waterloo station, Assado is the fourth restaurant from Cyrus Todiwala. Positioned as a 'premier casual dining restaurant', Assado is yet another platform for the ever-experimental chef to demonstrate his knack for breaking the culinary mould.

Almost two decades on from opening the boundary-pushing Café Spice Namaste, this time it's all about celebrating the fiery flavours of Portuguese-influenced Goa.

'Assado' comes from the Portuguese word meaning 'Roast'. The venue offers a new take on East-meets-West, demonstrating Cyrus Todiwala's skill in bringing authentic tastes from an Indian state that's so close to his heart to British diners in a way that they can't fail to love – think Goan-spiced Sunday roasts and tropically-flavoured desserts.

The casual, all-day dining restaurant is a beauty, with bright tiling, an in-house bakery, and a handful of more intimate booths. The signature dish is Goa's version of pulled pork, and a list of tapas-style small places makes the restaurant ideal for grazing with a group.

It will surprise many to see just how evident the Portuguese influence is in Goa's food, particularly in the state's Christian cuisine. From the array of breads and egg custard tarts, to the use of chillies, European-style cheeses, and spicy *choris* sausage, the deliciously diverse food at Assado is worth extensive exploration.

157 Waterloo Road, London SE1 8XA |
020 7870 3747 | assado.co.uk |
T: @AssadoWaterloo
| FB: assadowaterloo



BOKHARA

This hotel restaurant, just five minutes from the M4, has etched its own identity as a sleek, modern and colourful establishment in its own right. The team is dedicated to authenticity and excellence, and their pride in their product very evident. Awards are given pride of place across the restaurant.

Bokhara means 'warm oven' and was the dream restaurant of proprietor Vijay Bhagotra. It is a

salute to his love of the food 'back home'. With many of the dishes taken from the Northwest frontier of India, the chefs have been carefully selected and brought to Bokhara to bring a taste of the real India. Combining fresh, locally sourced ingredients with Indian spices creates delicious and noticeably rich dishes which are cooked well. For example, the order-in-advance *raan-e-khandar*, a whole leg of lamb marinated overnight, grilled in the tandoor and cooked in a fresh aromatic masala until melt-in-the-mouth succulent.

Court Colman Manor Hotel, Pen-y-Fai, Bridgend, Wales CF31 4NG | 01656 720212 | bokhararestaurant.com | T: @bokharabridgend | FB: Bokhara-Brasserie



BOMBAY LOUNGE

Bombay Lounge is a family-run restaurant, serving simple, high-quality Indian and Bangladeshi cuisine. The restaurant can hold 70 covers, and during any sunny period the garden can host an additional 40. Service is friendly and welcoming and the restaurant is a typically calm and relaxed affair, decorated simply with cream walls and blood-red upholstered seating.

Rony and Michael are personalities that attract a vast amount of return custom, all on first name terms. It is refreshing to see a local restaurant known for its quality as well as simply 'the place where they know my name' – the latter often a comfort to cover poor cuisine, but not in this case.

Whilst the banquets on offer are reasonably-priced, 'household-name' meals, the chef's recommendations are wonderful. Try dishes such as balti *shorisha* chicken; balti *bojpori massalla*; and balti *murgh achari* – delivering tasty, succulent, well-cooked meats with an exceptional blend of flavour and spice, accompanied by competent side dishes and an extensive drinks menu. Pay this local restaurant a visit and venture away from your go-to dish. You'll be pleasantly surprised.

202 High Street, Dalkeith, Edinburgh,
Scotland EH22 1AZ | 0131 660 4141 |
bombaylounge.net | FB: BombayLounge



CALCUTTA CLUB

Calcutta Club's décor displays the same sumptuous influences of the Maharajas' polo retreats of old India as London restaurant Gymkhana. Calcutta Club's founders collectively bring their 35-plus years of experience in the restaurant profession to the people of Nottingham. The brief is simple: to replicate the elegance of Maharajahs' retreats with the widest selection of ingredients available, where feasting (*bhojan*) once began when polo games had reached a finale and took prime position within the occasion to impress visiting guests.

The restaurant aims to make the dining experience memorable and enjoyable, whether in the Club Room or on the verandah, and offers recipes which draw inspiration from many of India's rich regional cuisines. These include some timeless classics and some future favourites arranged into 'first chukka' and 'second chukka' – making reference to polo. Some exciting dishes include Goan steamed mussels, boatman's fish curry and *saunf gosht* lamb – a prime fillet of lamb simmered slowly with garlic, ginger, coconut and fennel.

Calcutta Club's menu and variety of ingredients denote the importance of the old luxury associated with the Maharajah, and as such, the venue offers some Mediterranean-tinged dishes like crispy salmon with crushed potato, and chicken breast with roasted peppers. Calcutta Club is a memorable dining experience indeed.

8-10 Maid Marian Way, Nottingham NG1 6HS | 0115 941 4441 | calcutta-club.co.uk |
T: @TheCalcuttaClub |
FB: Calcutta-Club-Nottingham



CINNAMON CULTURE

Occupying a former Georgian public house, Cinnamon Culture's décor has retained all the elegance associated with the period. The food, though, is something that the pub patrons of times past could only dream of.

'Modern Indian' is a catch-all description that doesn't quite capture the essence of Cinnamon Culture's Michelin-recommended cuisine. Presentation is designed with the aesthete in mind, but the flavours are as authentic as they come. There's ample room for innovation, but little for the kind of frills and fripperies that do nothing to improve taste.

All of India's regions are represented on the à la carte, with seafood dishes from the South – like sea bass in a 'pappas' sauce, served with curry leaf mash – a particular strength. Various locally-sourced wild meats are always on the regularly-updated menu, too. We loved the strident spicing and tender meat in our jungle *maas*, which combines wild boar with a host of robust Rajasthani flavours.

Bookending the mains are starters like signature clove-smoked Kandahari lamb chops and addictive chilli *paneer*, and a solid dessert list from which we enjoyed the unusual options of beetroot *halwa* and a crisp chocolate samosa. Cocktails are as innovative. Indecisive diners should opt for the tasting menu; a fuss-free way

to explore a wide selection of restaurant's finest dishes.

46 Plaistow Lane, Bromley BR1 3PA |
020 8289 0322 | cinnamonculture.com |
T: @cinnamonculture |
FB: CinnamonCulture



DAKHIN SOUTH INDIAN KITCHEN

There was a time when the inhabitants of Glasgow's Merchant City were all too familiar with the world's exotic foods and spices, with the wealthy merchants importing wares from all four corners of the globe. Today, the Merchant City hosts some of the city's more sophisticated bars, clubs and restaurants, and visitors continue to enjoy the world's ingredients introduced by the area's stylish and cosmopolitan eateries. Dakhin is located at the heart of this – it prides itself on specialising in authentic South Indian cuisine and certainly offers something a little different from Glasgow's thriving curry scene.

Walking down the city's Candleriggs, you'd be forgiven for almost walking by the restaurant's single door entrance. But on entry, you will be pleasantly surprised by an airy, contemporary and stylishly-decorated venue. We were welcomed by a friendly member of staff who assured us he'd find a space for two in the lively and atmospheric dining room. Concise and comprehensive, the menu was clearly laid out: starters, seafood, lamb, poultry and vegetarian sections, plus bread and accompaniments. Each dish had a well defined description of the ingredients, which certainly made choosing a little less complicated.

Furthermore, the friendly waiter had a fantastic knowledge of the menu which made for helpful, educated recommendations. Starters included *keeraj bhajji* (a light vegetable fritter) and *batata bonda* (a light and fluffy, curry leaf-infused potato dumpling).

The wide variety of main courses made it difficult to choose but notably there was a broad range of vegetarian specialities in addition to the meat options. The *kori Mangalorean kari*, with its mild tomato and onion sauce, was light, delicate and not swimming in oils as some curries are. The *royyalu vepuda* featured garlic and ginger king prawns and had a bit of bite. The paper *dosa* (super-thin, crisp crêpe) was a great sharing side along with rice. For dessert we shared a *malai kulfi*: a dense, creamy, custard-like ice cream infused with cardamom.

Overall, Dakhin had a nice relaxed atmosphere, the food was excellent and authentic, and staff friendly and efficient. If you're looking for a quiet, candlelit dinner for two, then this is not your place. However for a relaxed and informal night out, as a couple or with family or friends, you will not go far wrong.

89 Candleriggs, Merchant City, Glasgow,
Scotland G1 1NP | 0141 553 2585 |
dakhin.com | T: @dakhin | FB:
dakhinrestaurant



INITO

Ever wanted to try the very best in Indian urban street food, served up by passionate chefs day and night? Now you can, just minutes from Liverpool Street station; at Inito on Bell Lane – where the food has been heartily endorsed by Indian food experts since its opening.

If imagination alone doesn't conjure up real Indian street food, Inito's menu will. Created by chef Saurav Nath, who has worked in Michelin star restaurants, a huge range of options are offered including tandoori lamb chops, delicious biryani, curry bowls and unforgettable 'lollipop' chicken wings. For the free-spirited, there's a 'build-your-own-roti' option, which works by combining several tempting fillings into bespoke taste sensations.

Inito also has a wide range of alcoholic wines and beverages to choose from; so if you're in the mood for some culture, try India's most traditional drinks: Thumbs Up, Limca, coconut water and the refreshing mango lassi.

31 Bell Lane, London E1 7LA | 020 7247 7145 | inito.co.uk | T: inito_uk | FB: initouk



MOKSH

Patron and award-winning chef Stephen Gomes has created something rather spectacular in Moksh, so much so that we need to share this with the rest of the nation. Set in Cardiff Bay's Mermaid Quay, in the presence of some other fantastic Indian restaurants, Moksh does something a little different.

The concept is that of bringing authentic Indian flavours with a contemporary twist almost to a magical conclusion in its presentation. The menu has a Goan influence that reflects Gomes' background, but also includes recipes from throughout India and Asia. Add in a little excitement with some dry ice and some unorthodox ingredients (chocolate and orange chicken tikka: Hyderabad minced lamb and potato with chilli beetroot foam: *balchao*-dusted pork belly on tomato *charasa* and edible paper), and the novel take on Indian authenticity is clear.

There even happens to be a jerk chicken tikka, as well as a lemongrass and pepper variant. With some other twists on regional specialities like traditional Goan fish curry and *dal Bukhara* (slow-baked lentils with tomato and cream), Moksh is certainly a fine dining experience to cater to both the curious and adventurous and the cautious and careful. It also offers monthly recipes for you to cook at home.

Ocean Building, Bute Crescent, Cardiff, Wales CF10 5AY | 02920 498 120 | moksh.co.uk | T: @MokshCardiff | FB: MokshCardiff



NAMAASTE KITCHEN

The sleek, contemporary space that Namaaste Kitchen occupies could happily house a smart venue serving any cuisine, but a quick glance at the menu immediately betrays multi-award-winning chef-patron Sabbir Karim's commitment to showcasing authentic regional Indian, Bangladeshi and Pakistani cuisine – albeit in a modern manner.

Start with a cocktail or mocktail – the list offers some innovative Indian-themed tipples. The restaurant's open kitchen specialises in grilled dishes; not only from the tandoor, but *sigri* (coal flame) and *tawa* (griddle) too.

The seasonal produce Namaaste Kitchen favours is especially evident on the regularly-changing Tasting Menu. The a la carte offers an tempting range of dishes from all over the subcontinent – we loved a tandoor-cooked Portobello mushroom generously filled with figs, cashew nuts, cheese, and more; and a venison kebab that's unusually - and authentically - tenderised with beetroot.

For mains, Dorset crab vindaloo is fierce yet flavoursome, whilst *Lucknowi shahi kofta* sits at the other end of the spectrum; the stuffed potato croquettes in a creamy, rich, subtly-spiced sauce. Tandoori pineapple is an almost-virtuous dessert, whilst the signature platter, including carrot samosa and coconut almond roll, is worth every calorie.

In order to further explore regional cuisines, Sabbir also regularly develops themed menus.

64 Parkway, London NW1 7AH | 020 7485 5977 | namaastekitchen.co.uk | T: @NamaasteKitchen | FB: namaastekitchencamden



POTLI

Traditional Indian Market kitchen Potli brings the first Indian food bazaar experience to London. Located in Hammersmith, Potli promises a kaleidoscopic Indian food experience like never before, influenced by marrying exotic spices with fresh, local produce.

Service is super-friendly, with a relaxed air and attentive staff. There's a rustic, laidback feel to the décor and the menu, too. The food at Potli incorporates not just the traditional, age-old dishes from grandma's and mum's kitchen, but also the subcontinent – wide food bazaar influences that have been so important in shaping modern Indian cuisine.

Every town in India has its own markets offering unique specialities. The street food eateries form an integral part of the bazaars. It is clear Potli has worked hard to bring some of these delicacies to you. Serving a huge selection of griddled starters and curries cooked in traditional clay pots, the menu features a fantastic array of tastes and aromas. With most of the unusual, regional main course dishes priced under £10, Potli offers fantastic value for money.

Along with an extensive wine list, authentic Indian-spiced cocktails and mocktails are popular choices, as well as fresh-churned lassis. Many restaurants proclaim authenticity and

excellence – but it's tough to get much closer than this in London.

319-321 King St, London W6 9NH | 020 8741 4328 | potli.co.uk | T: @Potlirestaurant | FB: potlilondon



RASOI INDIAN KITCHEN

Fusing the traditional and the modern with class and flair, Rasoi is not your run-of-the-mill curryhouse. The contemporary restaurant has just the right moody lighting, Indian-inspired textiles and decor, and is fitted out with a show kitchen; ensuring chefs have nowhere to hide as they put together your feast.

For 'feast' is just what a meal at Rasoi will fast become once you've glanced at the extensive and enticing menu – and we don't only think that way because it does so for us. Industry accolades and tips from satisfied diners whet our appetites even before arrival, making it necessary to order ourselves a smorgasbord of starters including a silky *galuti kebab* made with Welsh lamb, crisply-battered fish *Amritsari*, and a sterling example of that Indo-Chinese classic, chilli paneer.

But space must be saved for main courses – including a Kerala-style seafood biryani whose spicing is quite different to the North Indian biryani commonly served in restaurants. There are well-executed 'classic' curries, but we opt for an irreverent Indian take on crispy duck – and the gamble pays off.

Masala chips tempt, but we save the calories and the space for the clever fusion puddings that look almost as good as they taste. And, after demolishing a tamarind-glazed *shrikhand* cheesecake and a warm carrot fudge cake, we're glad we did so.

192 Bryntirion Road, Pontlliw, Swansea, Wales SA4 9DY | 01792 882409 | rasoiwales.co.uk | T: @RasoiWales | FB: rasoiwswansea

PERFECT PAN-ASIAN



AUSTRALASIA

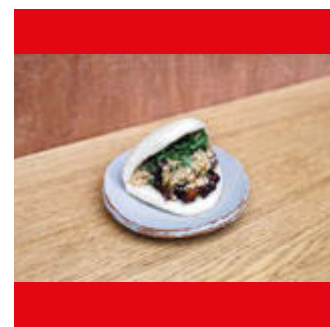
Manchester was once the largest cotton producer in the world. In colonial Australia, they used to get so much of the stuff, in labelled boxes, that locals started calling their bed sheets 'Manchesters'. But now, the reverse is happening. Australia is bedding into Manchester, as Australasia – an odd, yet alluring taste of the billabong – sets up shop in the Mancunian landscape.

You can order two ways at Australasia. Either you go for the traditional starter and main method – or you go maverick and order a cache of sharing dishes. For the latter, thumb through the list which includes *nigiri* sushi, yellowfin tuna sashimi or Loch Duart salmon. Alternatively, kick off your taste odyssey with California rolls like the smoked duck 'Dragon roll'; made either with avocado, *shiso* and carrot, or roast salmon and sour plum – both superb flavour combinations.

The menu has been devised by head chef Paul Greening, whose love for fusion food won him the Young Australian Chef of the Year award. So expect sashimi to join hands with Collingwood dinkies, or octopus with pickled *hijiki* and watermelon to accompany black cod roasted in hoba leaf. Traditional European cuisine is also fused with Pacific Rim influences, such as Japanese, Australian, Indonesian and Southeast Asian.

After eating, swerve to the bar's great wall of spirits – each available to be blended into a cocktail of your choosing. The bar's menu also eases the gap between European and Australasian fare, with crunchy, warm prawn tempura, or a side-helping of sushi and sashimi willing to partner with that European beer you've ordered in a panic at the sheer choice on offer.

1 The Avenue, Spinningfields, Manchester M3 3AP | 0161 831 0288 | australasia.uk.com | T: @AustralasiaMcr | FB: Australasia.Manchester



BAO

Bao is spearheaded by Erchen Chang, Shing Tat and Wai Ting Chung – a group of Taiwanese foodies whose specific inspiration comes from the Xiao Chi, or 'small eats' restaurants, of their native Taipei.

Shing and Wai grew up in their parent's Chinese restaurants, and have always been looking to stamp their unique take on modern Taiwanese cuisine. Along with Erchen Chang, the restaurant's head chef, the trio have travelled extensively across Taiwan, China and Asia – cooking and eating as they go.

BAO's menu is typical of the recipes found in home kitchens across Taiwan, featuring the eponymous 'bao' as a signature dish – a steamed milk bun. Each bun is handmade by Shing and Erchen daily. As well as *bao*, you can try speciality dishes like tendon puffs, pig blood cake, lamb tongue fries, or fried chicken marinated in soy milk. You certainly won't get them anywhere else in the city.

After the tangy, spiced savours of your food, opt for a sweet treat in the form of a deep-fried bao ice cream sandwich to cool the lips and soothe the palate.

53 Lexington Street, London W1F 9AS | baolondon.com | T: @bao_London | FB: baolondon



GREEN PAPAYA

At Good Things, we have to undertake a great deal of restaurant reviews, and it can be a tough job. But the Vietnamese cuisine at Hackney-based Green Papaya - where Good Things' second Guest Editor Wyn Ma commands the kitchen - is so exemplary that we knew this meal would be anything but arduous.

To enlighten the uninitiated, Green Papaya is widely acknowledged as the UK's gold standard in Vietnamese cuisine. Fellow Guest Editor alumnus Cyrus Todiwala describes it as his favourite Vietnamese food haunt, and journalists are frequently scribbling glittering eulogies about the baked seabass they've just swallowed there. The menu itself boils down authentic Vietnamese recipes into elegant plates, offering wholesome starters like crispy squid with spicy purple basil dressing, and delectable mains like slow-cooked belly of pork with mushrooms and winter vegetables.

The food, along with a high level of service, has ensured that the restaurant has received wide critical acclaim from food gurus from various highly-regarded platforms, and in 2009 Green Papaya was awarded 'Best Vietnamese Restaurant' by The Hackney Gazette. Visit Green Papaya for its fresh and flavoursome take on North Vietnamese cuisine. It truly is the best place for it this side of Hanoi.

191 Mare Street, London E8 3QT and 97 Kingsland Road, London E2 8AH | 020 8985 5486 and 020 7729 3657 | green-papaya.com | T: @GoGreenPapaya | FB: GoGreenPapaya



JINJU

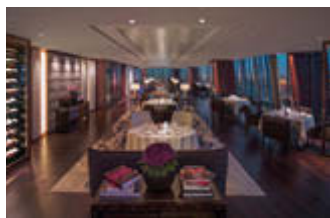
Korean-American chef Judy Joo brings the K-craze firmly into the spotlight with Jinjuu - a fun, modern and informal venue in Soho. Accentuating her Korean roots and drawing on her global experiences, French-trained chef Judy Joo is looking to add a unique experience to the Korean food boom currently underway in the capital.

Highlighting the chef's bi-cultural, Korean-American quirks, Jinjuu, meaning 'pearl', is a showcase of Judy's interpretation of gutsy Korean street food. The menu gravitates towards Korean comfort foods and a convivial way of eating. Drinks and 'anju' (Korean food consumed with alcohol) are served in the elegant ground floor bar. Accompanying the Asian beer selection, the cocktail menu - created by Jinjuu's Kristian Breivik - embraces the classic Korean spirit *soju*, while Korea's tradition to never drink without food is adhered to with the inclusion of flavour-bomb snacks like tacos, *pajeon* pancakes and Jinjuu's signature dish Korean fried chicken.

Downstairs in the restaurant, guests can indulge in Korean sharing platters and side dishes. Barbecued meats are prepared on an open kitchen grill and wrapped with lettuce, whilst a Ko-Mex dish of Korean *carmitas* fries (fries topped

with braised pork and kimchi) innovatively celebrates the chef's colourful Korean heritage.

15 Kingly Street, Soho, London W1B 5PS | 020 3551 2942 | jinjuu.com | T: @JinjuuLDN | FB: JinjuuLDN



TING

TING is located on the 35th floor of The Shard. Overseen by executive chef Emil Minev, it presents a modern European menu that combines the best locally-sourced British ingredients with subtle Asian influences. In all honesty, the food is not the main attraction here. It's all about the view.

Once the rather unique environment has sunk in, attention turns to the menu: just six starters and six mains, an exercise in restraint. A starter of diver-caught scallops with ginger, coriander, mandarin and heritage carrots was elegantly presented and wonderfully coherent in flavour.

A main of Rhug Estate organic lamb loin, served with mirin, sake, erengi mushroom and green apple combined the traditional flavours of quality roasted lamb with the Japanese alcohols, making for a flavour that was both unique and interesting. For dessert, a rosewater parfait was a smorgasbord of culinary bravado - and it worked.

The terroir-driven wine list features a variety of both familiar and lesser-known grapes, and cocktails are well-mixed. Service is both unobtrusive and flawless. A meal here doesn't come cheap, but it seems right that a visit be reserved for a special occasion. Visiting too often would take away the awe; and awe, after all, is what TING is all about.

Level 35, The Shard, 31 St Thomas Street, London SE1 9SY | 020 7234 8108 | ting-shangri-la.com | T: @ShangriLaShard | FB: TheShardLondon

EXOTIC INDULGENCE FOR EVERY DAY



BAR SOBA

With humble origins in Glasgow, Bar Soba joined the city's quiet restaurant scene in 1999. The vibrant venue earned a reputation for great Pan-Asian street food aimed at those with an appetite for adventure - and has now opened a brand new branch in Leeds.

Incorporating street food dishes from all across the East, the menu displays an intriguing mix of Japanese, Chinese, Korean, Vietnamese and Malaysian cuisines. The Leeds venue also

offers a classic collection of Bar Soba's patented cocktails and Pan-Asian cuisine.

For a quick lunch, choose from a selection of small plates, main, sides and desserts, featuring everything from refreshing salads, Vietnamese chicken wings, Thai green curry and teriyaki noodles to fragrant pandan leaf coconut panna cotta and fruit-dressed, deep-fried ice cream.

The cocktail includes an interesting list of alcoholic shakes like mango milk, ginger lassi and Patron-flavoured milk, all served in dinky milk bottles.

Aside from an enticing menu that would take a fair few visits to fully explore, Bar Soba also lures customers with the promise of top-quality music. Known for showcasing the freshest talent, this venue hits the spot if you enjoy exclusive sets from hot DJ's.

9A Merrion Street, Leeds LS1 6PQ | barsoba.co.uk | T: BarSobaGlasgow | FB: barsoba.glasgow.3



BEER AND BUNS

Say 'konbanwa' to Broadgate's Beer & Buns, satisfying London's growing desire for Japanese izakaya-style eating and drinking.

Located on Appold Street, Beer & Buns serves pillow-soft *hirata* steamed buns and the UK's largest selection of Japanese craft beers. Fillings range from pork belly, chicken *karaage*, and pulled duck leg to - for the veggies - *kaki fry* vegetable fritters, all arriving with your choice of miso, slaws and chutneys to keep your buns moist. Alternatively, try incredible crispy Korean-style chicken wings - marinated and then triple-fried to crisp perfection.

There's also plenty of Japanese craft beer to whet your appetite. Beer & Buns is one of the few bars in Europe to serve Asahi 'Super Cold' Super Dry draught lager. Served at -2C, Asahi maintains its carbonation for longer, leaving a refreshing barley flavour with a crisp aftertaste. Doesn't tickle your fancy? Something else on the extensive craft beer menu is sure to, or go traditional and sample the sake selection.

Additional entertainment including retro pinball machines and foosball tables, is sure to keep you at East London's new hangout till late. As for the interior, think 'speakeasy meets Japanese dive bar' - black walls sprayed with graffiti, music and chilled-out seating areas.

3 Appold Street, London EC2A 2AF | beerandbuns.co.uk | T: @beer_and_buns



DEN

Den brings thick, bouncy bundles of fresh udon noodles to Kings Cross. The restaurant is spearheaded by the youthful, and brilliant, Emi Machida - renowned in her native Japan for a willingness to experiment with traditional Japanese flavours.

Udon has been a Japanese staple for hundreds of years, but it has been recently popularised in the West as a low calorie, flavourful alternative to ramen, soba, and pasta. All of Den's noodles are made in-house, as is their *umami dashi* broth.

Guests have a choice of two broths: white or black dashi (the former made with bonito flakes, dried seaweed and soy; the latter mixed with strong soy sauce to produce a richer taste). Both are available with any of the main dishes. As well as udon, Den offer a variety of smaller plates, or 'tsunamis', on the menu, such as red wine stewed pork belly; crispy mackerel; miso-marinated salmon; and sizzling beef steak.

Den's minimalist design and relaxed seating makes it the perfect destination for a healthy, laid-back and traditional dining experience. With a Japanese-inspired music playlist setting the perfect mood (and even electric washlet toilets to try!), you will feel as though you've been transported to Tokyo.

2 Acton Street, London WC1X 9NA | 020 3632 1069 | den--udon.uk.com | T: den_udon | FB: den.london



DINDIN KITCHEN

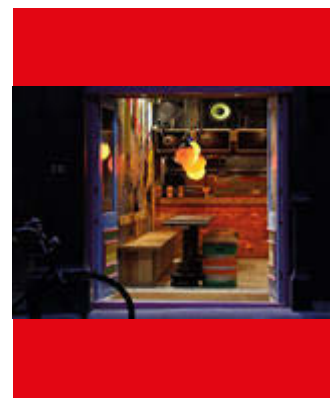
Dindin Kitchen is an innovative Persian concept restaurant. Its philosophy is to take traditional recipes that have truly survived the test of time and recreate them using only the very freshest ingredients.

Mezze dishes are prevalent in Persian cuisine and Dindin Kitchen doesn't disappoint. Classics such as tabbouleh and smoked aubergine and tomato salad sit alongside twists on age-old recipes. The endive, pomegranate and walnut salad is a simple but delicious dish, and the chopped chicken, egg and potato salad is not to be overlooked (actually salad *Olivieh*, similar to a Russian salad, under a different guise).

A selection of wraps, both vegetarian and meat-based, are inexpensive and provide a quick and substantial meal for both those on the go and those with time to take a seat in the restaurant. A number of working lunch deals will also appeal to the many office workers in this area of the capital.

Dindin Kitchen is a labour of love for founder Vida Tayebi, who worked on the project for some time before opening. A proud Persian herself, her passion for the food and culture of her heritage truly shines through.

52 Gray's Inn Rd, London WC1X 8LT | dindinkitchen.com | T: @dindin_kitchen | FB: dindinkitchen



DUB JAM JERK BBQ & RUM SHACK

Covent Garden's new Dub Jam reggae kitchen fuses the spontaneity and laid-back beach vibe of the Caribbean with tasty, contemporary Jamaican barbecue flavours, whilst pumping out the soundtrack to Trojan Records with uplifting tunes from reggae legends (everyone can name their favourite).

Dub Jam's interior is packed full of quirky up-cycled design ideas; lights made from reclaimed buoys, tin cans and Red Stripe stubby bottles hang from the walls which are fly-posted with graphic, original Trojan record covers and street art inspired by Kingston's acclaimed Studio One. Stools made from beer kegs and car wheels, a shelf bar made from half a surfboard and a cake display made from an old record player add to the experience. Even the bench seating is recycled from the original timber floor. As a small homage to Duke Reid, the originator of the reggae sound system, Dub Jam's rear wall is a carnival-style stack of speakers.

Rooted in Caribbean everyday favourites, the menu includes Dub Jam's range of 'Jerk rebel skewers', marinated for 48 hours in the kitchen's own jerk recipes and smoked for 12-24 hours before being grilled on the BBQ. Skewers include 'Jammin' jerk chicken', jerk pork belly, king prawns and 'Bangarang' jerk-spiced halloumi and pepper; all served with homemade sunshine slaw and various condiments. Beach burgers are made from 28-day dry-aged English beef packed into freshly-baked flatbread pockets, decked with grilled pineapple and smoked cheese.

The bar serves a choice selection of rums and Caribbean drinks, including Red Stripe, Carib Beer, Sasparilla and coconut water served in colourful hand-painted tin cans. Not to be missed is the signature 'Wray & Nephew reggae-infused rum punch'. Made with overproof rum, the punch is gravity-fed through the soundsystem wall of speakers, slowly infusing it with genuine reggae soundwaves; 'bass-filtering' it for a truly unique drinking experience.

20 Bedford Street, London WC2E 9HP
| 0207 836 5876 | dubjam.co.uk | T: @
dubjambbq | FB: dubjambbq



HOTBOX

The first permanent restaurant of barbecue street food smokers HotBox takes inspiration from the founders' journeys through the Deep South; trips spent eating and meeting with some of the greatest pitmasters and 'cue makers'. On the menu are HotBox's much-loved signature cuts and renowned dishes from the days when HotBox was on the street.

HotBox offers an array of global barbecue favourites made with high-quality cuts, alongside experimental dishes like fish-glazed pork belly masa tacos, slow-smoked char siu pork buns, and, for more delicate palates, hot-smoked gravlax salmon. Carnivores can opt for American beef short ribs, jalapeño hot link sausage sandwiches and wagyu beef brisket rolls – all accompanied by a selection of mouth-watering sides: smoked mac n' cheese, bone marrow gravy mash, and smoked Japanese mushrooms.

Located in a former street art gallery, HotBox boasts sleek, dark, industrial design. Long communal wooden tables and intimate lighting render the restaurant as an urban retreat in the heart of the East End – indeed, one serving some rather remarkable, top-drawer barbecue cuisine.

46 Commercial Street, London E1 6LT |
hotboxlondon.com | T: @HotBoxLDN |
FB: [facebook.com/HotBoxLDN](https://www.facebook.com/HotBoxLDN)



IRANZAMIN

North London's Iranzamin is fast setting itself apart from nearby rivals, with many local customers stating that the food at this Persian restaurant reminds them of home – particularly starters like the smoked-aubergine-tomato-and-egg salad, *mirza*, and the traditional, home-made ice cream called *bastani*. It's not just the desserts that are home-made. Everything from warm bread plucked from the tandoor to the side salads that come with every meal is prepared fresh on the premises. Food is served in a relaxing dining room which makes much of natural light in the day and candlelight by evening, and which shies away from traditional decor in favour of something more modern. *Barg* (skewered, grilled tender baby lamb fillet, served with saffron rice) is a firm customer favourite, joining a menu which features all the classic kebabs and stews you'd hope for from a Persian venue – offering ample choice whether one fancies fish, meat, or veg. At the family-friendly spot, children are catered to with a range of Persian and European dishes. Along with a concise wine list, diners can accompany their meal with one of a range of fruit juices or a glass of traditional yogurt drink, *doogh*. Live, traditional music on the last Saturday evening of every month enhances the experience still further. Don't leave without sipping a small glass of sweet Persian tea.

225-227 Regents Park Road,
London N3 3LD | 0208 346 0854



JOE'S ORIENTAL DINER

Since its opening on the King's Road, Joe's has lived up to its billing as an evocative, 'Oriental' dive bar, where people from all walks of life meet to enjoy music and share good times.

Australian chef Scott Hallsworth has brought his version of pan-Asian food to London, staying honest to the bare bones and gritty roots of recipes consumed in the ports of Bangkok, Singapore and Tokyo. Expect your visit to be punctuated with a succession of deliciously explosive dishes; coconut short-rib rendang, slow-cooked red curry duck with lychees; barbecued scallops with tamarind ketchup and *sambal*. Each plate packs a serious punch, and might leave you gasping for an icy beverage.

It's just as well, then, that thirst-quenching frosted beer tankards called 'frosties' hang from the bar, while a range of Chinatown teapot cocktails promise to set the night alight for even the most alcohol-tolerant drinker of your table.

With its cool atmosphere, Joe's is a Chelsea favourite, with an open kitchen, central bar and a secret den upstairs offering plenty of nooks and crannies to hide, drink, and laugh the night away in.

251 Kings Road, London SW3 5EL |
0207 920 6443 | joesorientaldiner.com |
T: @joeslondon | FB: [JoesOrientalLondon](https://www.facebook.com/JoesOrientalLondon)



THE BOTANIST

With the quirky pub brand's expansion to the Midlands this spring, The Botanist adds its trademark good, honest food and drink to Birmingham's dining scene. Offering a relaxed ambience, it serves up numerous items from the deli and rotisserie, as well as a range of cocktails, cask ales and ciders.

At very first look, the venue comes across as an out-of-the-box pub that focuses on fresh and natural ingredients – and the name certainly gives it away. On closer inspection, The Botanist will delightfully surprise you.

The drinks menu includes a savvy selection of botanical cocktails to keep you on your feet all through the night, unless of course you decide to try one too many. The food menu features starters and nibbles, The Botanist deli board, along with Malaysian curry, Great British fish and chips, and everything in between. If you have a sweet tooth, you will be spoilt for choice with a selection that includes rum baba, traditional trifle sundae, sticky toffee pudding and yet more indulgent options.

Described by the general manager as a 'home-away-from-home', The Botanist also features live entertainment. Paired with its convenient location in the heart of Birmingham, this is the place to be if you're looking for something out of the ordinary.

14-16 Temple Street, Birmingham B2 5BG
| thebotanist.uk.com | T: @botanistbham |
FB: [thebotanistbirmingham](https://www.facebook.com/thebotanistbirmingham)



YALLA YALLA

Lebanese, and other Middle Eastern cuisines, are often reduced to little more than a source of grilled meats and kebabs (in restaurants with faux-Bedouin decor and filligree metal lanterns). It wasn't until a foodie holiday to Lebanon that I discovered quite how much of a disservice this does the cuisine. The Lebanese love to eat and, more importantly, they love to cook and to feed others.

Many of the dishes at Yalla Yalla will be familiar – glistening strips of shawarma lamb on a generous serving of hommos, smoky chargrilled aubergine *baba ghanouj*, halloumi with tomato, olives, mint and olive oil, and juicy grilled pieces of marinated meat. But Yalla Yalla also offers homemade *soujouk* – a spicy sausage I learned to make in a house in the hills above Beirut; *kibbe lahme* – deep-fried parcels of lamb, cracked wheat, onions and pinenuts; and lamb *sfiha* – a meat-topped pastry reminiscent of ones I ate hot out of the oven in a tiny butcher-bakery by Baalbek. Best of all is the chicken taouk wrap, filled with grilled chicken, pickled cucumber and toum garlic sauce. Like an honourary Beirut, insist on extra toum – but make sure you don't have any meetings afterwards!

12 Winsley Street, London W1W 8HQ |
020 7637 4748 | yalla-yalla.co.uk
(other branches via the website) | T: @
YallaYallaUK



ZINNIA

Zinnia is an all-day Japanese fusion restaurant and lounge, set in a stunning Georgian building that has been beautifully redesigned to house a restaurant, bar, and basement lounge.

With cocktails ranging from fiery Japanese whisky and sake number, to the classics, there's something to blend well with any menu choice. Options range from a mixture of Bento boxes to lighter sharing plates and a range of sushi. Zinnia also boasts the best Asian-inspired teatime goodies in the city, so be sure to order some freshly-baked pastries, cakes and tarts for later.

The evening a la carte menu features oceanic delights like sushi with ahi tuna and hamachi, Dorset crab, aged sirloin *tataki*, or miso black cod. If something with a little more substance is in order, opt for a heartier plate like Szechuan glazed pork belly with lotus root, petit pear and ginger. Whichever route you take, you certainly won't be disappointed.

If there's room – and Zinnia's staff strongly recommend that you leave some – desserts are worth the wait. Choose from the fresh, palate-cleansing coconut and mango sphere with mango sorbet and almonds, or jasmine and green tea mousse with white chocolate and yuzu curd. You'll be spoilt for choice.

86 Fulham Road, London SW3 6HR |
0207 052 0052 | zinnia-restaurant.co.uk |
T: [zinnialondon](https://www.zinnialondon.com) | FB: [zinniarestaurant](https://www.facebook.com/zinniarestaurant)

FINE DINING THAT WON'T DISAPPOINT



AL BOCCON DI'VINO

Intimate, interesting and extremely authentic, Richmond's Al Boccon di'Vino is about as close as you'll get to a real Venetian restaurant in the UK. The walls are laced in dark wooden shelves, each harbouring a glorious selection of fine wines from all over Italy. It has a real family feel, as though you've been invited over for dinner with an Italian family in Venice. With only enough room to seat thirty covers, the relatively close proximity of the tables is more than made up for by the inclusive, family atmosphere created by Grigolo and his staff.

Come hungry. I counted nine separate courses, and it's all of the highest quality. Food appears throughout the night, along with wine, and each course is served to the whole restaurant at the same time. We began with four antipasti dishes, followed by pasta a main course of incredibly well-cooked lamb, then strawberries and panna cotta, homemade lemoncello and coffee.

The most unique of dining experiences offering everything you could possibly ask for. Good food, great service, a buzzing atmosphere and plenty of booze. Go for a special occasion and await the shock when you leave and remember that you're still (just about) in London.

14 Red Lion Street, Richmond,
Surrey TW9 1RW | 0208 940 9060 |
nonsolovino.co.uk



AMARU

The faces behind Amaru in St Katherine Docks are restaurateur Bal Thind and chef Victor Garvey. Offering fresh, flavourful and accessible takeaway food, the all-day eatery serves light and healthy Japanese cuisine with a Peruvian twist.

Referred to as 'Nikkei', Amaru's cuisine balances the delicate classics of Japan with flavours of Peru by combining new world ingredients from both cultures. The menu at Amaru – which means 'fertility' in Peruvian and 'abundance' in Japanese – features salads, ceviches and tiraditos. Sashimi also takes centre-stage, using fish delivered each day from co-operative fishing boats stationed in and around the British Isles. Examples of signature dishes are prawn ceviche with coconut, mango, Rocoto pepper and red onion, and toasted sesame crusted tuna with avocado, spicy sesame dressing, truffle and **umeboshi** plum.

Desserts are also heavenly, with white miso cheesecake, green tea tiramisu and mandarin and Valrhona Gran Cru chocolate truffles the pick of the bunch. You can also order freshly-squeezed juices to partner your puds – from watermelon, yuzu and carrot to apple and ginger.

**Ivory House, St Katherine Docks,
London E1W 1AT | 0207 702 4765 | T: @Amaru_SKD**



BENARES

This beautifully-elegant and stylish restaurant by Michelin-starred chef Atul Kochhar serves modern Indian food in a contemporary European manner. The dining environment is sleek and the service seamless, allowing you to afford the food due attention. Produce is king here – showcased cleanly on the plate; subtly-spiced and never drowned in sauce. Instead, Atul uses dots, dusts, drizzles and more tricks from his culinary magic box to add unexpected elements to a menu that, on our visit, included tandoor-baked Newlyn monkfish with spiced vermicelli, hand-picked Scottish crab croquette and coconut curry leaf sauce. For dessert, we loved the twist on the spongy, usually-savoury Gujarati snack 'dhokla', served here with cashew nuts, coconut cream and butterscotch. Cocktails and wine lists are also strengths.

**12A Berkeley Square House, London W1J 6BS |
020 7629 8886 | benaresrestaurant.com |
T: @Benaresofficial | FB: BenaresRestaurant**



COYA

In an area that can often feel devoid of any real soul or colour, Coya brings a real sense of determined Peruvian verve to Piccadilly. Located in a listed building that would comfortably harbour a five-star hotel, the interior embodies South American culture. The pisco bar area is densely wooded with low lighting, and the restaurant boasts an impressive dining area complete with a ceviche bar and an open charcoal grill.

Try ceviche (marinated and diced raw fish), tiraditos (thinly sliced raw fish) and small skewers of grilled meat and fish called **anticuchos**. Sanjay Dwivedi's ceviche of sea bream with Amarillo chilli, crispy corn and coriander is particularly fresh, tasting as great as it looked. Mains are excellent. Cooked in a Jospier oven, the rib-eye is as tender as you're likely to find in London. The drinks list is so extensive you'll likely be calling over the sommelier as soon as you get the chance.

Service is impeccable. A menu that has so much to offer it would certainly require more than one trip to truly appreciate it. Coya is a genuine treat. Wonderful food, a buzzing atmosphere and yet another example of why London loves Peruvian cuisine.

**118 Piccadilly, London W1J 7NW |
020 7042 7118 | coyarestaurant.com |
T: coyalondon_ | FB: coyalondon**



DUCK AND WAFFLE

You'd be forgiven for assuming that a restaurant on the 40th floor of Liverpool Street's Heron Tower pulls in punters for its incredible views over London. But you'd be wrong. Duck and Waffle has garnered a fiercely loyal following for its food, created by talented young head chef – and Good Things' Guest Editor alumnus – Dan Doherty. Signature dishes such as the eponymous crispy confit 'duck & waffle' served with a fried egg and maple syrup, and **foie gras** crème brûlée with Scottish lobster are joined by a regularly-changing menu of inventive dishes.

'Egg & bacon' features a devilled duck egg over soft slices of pig's head, cooked long and slow and infused with Korean flavours. Raw Cornish mackerel is combined with smoked vodka

cucumbers, horseradish and apple and served in a bowl carved from pink salt. Baked Alaska looks like an alien life-form; it also surprises the tongue with strawberry liqueur and mint oil.

A bar area provides a welcome spot to while away a little time before dinner. Most prized are the window tables, from which London is laid out below you like a map. Best of all, Duck and Waffle is open twenty four hours a day seven days a week – you have no excuse not to find time to visit.

**Heron Tower, 110 Bishopsgate, London EC2N 4AY | 020 3640 7310 |
duckandwaffle.com |
T: @DuckandWaffle | FB: duckandwaffle**



HAKKASAN

For fifteen years, Hakkasan has been leading the way when it comes to innovative Chinese cuisine in London. Opened in 2001, it remains a testament to the ever-evolving menu and the innovation of Alan Yau.

With one Michelin star under its belt and led by head chef Tong Chee Hwee, who has been with the restaurant since its inception, there's no sticky MSG-infused sweet-and-sour here – just high-quality ingredients and inspired flavour combinations. The signature starter of jasmine tea-smoked organic pork ribs was succulent and tangy, while the pastry of the dim sum platter was perfect in texture and give; just elastic enough to encase generous bites of flavour-packed meat and seafood.

The standout main was the stir-fried Chilean seabass in truffle sauce, a gloriously-rich and engaging dish, made all the more flavoursome with the addition of **shimeji** mushrooms. Hakkasan also offers some wonderfully creative cocktails – the signature take on the classic Old-Fashioned is a must-try.

In a dining room that can handle two hundred and twenty covers, it's remarkable that the service and cooking remain so consistently excellent. An enduring stalwart, the original Hakkasan hasn't lost any of its appeal. It remains authentic, stylish and without pretence, while retaining its ability to put most Chinese restaurants in London to shame.

**8 Hanway Place, London W1T 1HD |
020 7927 7000 | hakkasan.com |
T: @hakkasanmayfair | FB: HakkasanLondon**



HAWKSMOOR

Over the last few years, Hawksmoor has earned a favourable reputation for its exceptional steaks, cooked over charcoal. The restaurants are also widely known for the kimchi burger, inspired by a trip to Seoul. Alongside a selection of award-winning cocktails, Hawksmoor's wine list features

bottles drawn from small, interesting vineyards and big-name winemakers – providing something to suit all palates.

Based in the Victorian Courthouse building in Deansgate, Hawksmoor Manchester is Will Beckett and Huw Gott's first restaurant outside London. Will acknowledges that 'it feels great, after years of trying to open a restaurant in Manchester and months of building works, tastings and anticipation, to be able to launch the restaurant. We really hope Manchester likes what we've created – really high standards of food, drink and service, but in a relaxed environment with none of the stuffiness that sometimes comes with fine dining.'

At both the new venue and across all branches, Hawksmoor sources its meat from The Ginger Pig in Yorkshire, where Tim Wilson ethically rears traditional breed British cattle. His grass-fed beef is widely acknowledged to be the best in the country.

**12A Berkeley Square House, London W1J 6BS |
020 7629 8886 | benaresrestaurant.com |
T: @Benaresofficial | FB: BenaresRestaurant**



L'ANIMA

'L'Anima' is Italian for soul – something that's constantly present on the plate at this celebrated London venture. Head chef Antonio Favuzzi's long-accrued wealth of knowledge is evident throughout the classics-packed menu. Designed by minimalist architect Claudio Silvestrin, the vast dining room boasts high ceilings, exposed brickwork and an overriding theme of white and leather. Teamed with live music, L'Anima boasts an open-yet-warm ambience.

It might not be cheap (as you'd expect in this part of town) but the food at L'Anima is exceptional. Well-sourced ingredients appear in dishes from Calabria, Puglia, Sicily and Sardinia, and further afield – all with bold yet clean and distinct flavours. Both wild boar ragù with juniper and pistachio and marinated cod in liquorice and chilli served with burned baby gem and red onion were particularly showstopping.

With a selection of sommelier-chosen wines to accompany each dish, L'Anima is a real gastronomic treat. The service is impeccable. Waiters provide plenty of interesting background on both food and wine whilst helping diners through a number of difficult menu decisions. As you'd expect in such a fine establishment, our every need was catered to in true Italian style. L'Anima offers Italian cuisine at its finest.

**1 Snowden Street, London EC2A 2DQ |
020 7422 7000 | lanima.co.uk |
T: lanimalondon | FB: lanimauk**



SUSHISAMBA

Located on the 38th and 39th floors of Heron Tower in Bishopsgate, SushiSamba offers a fusion of Peruvian, Brazilian and Japanese cuisines, paired with the most spectacular views of London. Take the glass elevator that clings to the side of Heron Tower, shoot up 38 floors in a few stomach-churning seconds, then walk into a bar which affords you an almost-birdseye view of the debated splendour of the Gherkin. The bamboo lattice-ceilinged dining room is a stunning place to enjoy a meal, especially if you're lucky enough to get a window seat.

Food is good enough to distract from that view. From Peru, scallop and tuna ceviches are fresh, fragrant, and bursting with flavour. From Brazil, crispy **taquitos** with yellowtail avocado and roasted corn miso offer an exciting alternative to the usual tacos, whilst from Japan, tiger maki samba rolls are rich in aesthetic appeal and flavour. Chargrilled black cod and the BBQ miso pork ribs are equally impressive. SushiSamba also offers a unique range of cocktails and sakes, with options for pre- and post-prandial imbibing, as well as pairings to suit any order.

Placing new and innovative twists on popular dishes from three of the most interesting culinary nations, SushiSamba might be expensive and patronised in the main by city types, but it also offers one of London's most special dining experiences.

Heron Tower, 110 Bishopsgate, London, EC2N 4AY | 0203 640 7330 | sushisamba.com | T: @sushisamba



THE PALOMAR

Soho's The Palomar is brought to you by siblings Layo Paskin (yes, he of 'Layo and Bushwacka!' fame) and Zoe Paskin, who both previously ran London nightclubs The End and AKA,

who decided to team up with the chefs of Jerusalem's coolest restaurant, Machnevu - Yossi Elad, Uri Navon and Asaf Granit. Palomar's kitchen is headed by Tomer Amedi and specialises in Middle-Eastern food, most notably from Jerusalem's vibrant food scene. Other influences include southern Spanish, Italian, and North African cuisines.

An eighteen-cover 'raw bar' at the front of the venue serves oysters, ceviche and other raw fish items without taking bookings, while the thirty-four-cover restaurant at the back serves grilled meats and fish from a Josper oven. The menu also features both Yemen-influenced dishes and European fare like risotto and fresh pasta.

34 Rupert Street, London W1D 6DN | thepalomar.co.uk | 020 7439 8777 | T: @palomarsoho | FB: thepalomarrestaurant

SPANISH, PERUVIAN & MOORISH



BERBER & Q

Owner Josh Katz's love of food is quickly followed by a passion for travel, and he has extensively explored the cuisine of mangal restaurants in Turkey, the grill and kebab houses of Istanbul, the food stalls of Jmaa al Fna in Marrakesh, and the Shipudim in Tel Aviv.

Growing up in North London meant regular visits to the myriad local falafel shops, Middle Eastern grocery stores, bakeries, butchers, **shawarma** houses and Israeli restaurants – the best of which became regular after-school haunts.

With the open mangal, charcoal grill and smoker at the centre of the room, the dishes at Josh's Haggerston restaurant are to be served sharing-style on communal mess trays. Signature items include lamb **mechoui** – pulled forequarter of lamb eaten by hand, dipped into the supplied cumin salt – and quail with rose and plum yoghurt. The ever-changing menu might also include dishes of blackened aubergine with walnut and tahini; cauliflower with turmeric and lime butter; or glazed beetroot with date syrup and whipped feta.

With a range of house-made sauces – zhug, red chilli sauce and green tahini – as well as griddled Israeli **ciapita** and Berber house salad accompanying all orders, you really couldn't want for anything more.

Arch 338, Acton Mews, London E8 4EA | berberandq.com | T: @BERBERANDQ | FB: berberandq



EMBER YARD

Central London's classy Ember Yard boasts the most original beer taps you're likely to see – in the shape of pig's legs. Split across two floors, the intimate basement bar serves as a low-key complement to the bustling main tapas restaurant.

The use of a charcoal oven may not sound unique, but the USP lies in the listing of the single-species wood varieties used for grilling. Each wood imparts its own particular flavour to the food, and almost every dish leaves a wake of fragrant smoke; flatbread oozing smoked butter and well-charred spiced and grilled chicken wings both carry intense flavours. The charcuterie selection is brimming with fine meats, aged for up to five years and awash with smoky flavours. And the ribs, falling off the bone, with a sticky quince glaze will put even the finest American smokehouses in Soho to shame. With a strong selection of original and classic cocktails and a wonderful selection of Spanish and Italian wines, Ember Yard offers a tough but exciting choice from first course to last.

Offering expertly-cooked and intelligently-constructed tapas that burst with boisterous flavours, Ember Yard is a welcome addition to London's excellent tapas scene.

60 Berwick Street, London W1F 8SU | 0207 439 8057 | emberyard.co.uk | T: EmberYard



JOSE

In his first solo venture after Brindisa, José Pizarro presents the wonderfully traditional José tapas restaurant in Bermondsey. José has a no-reservation policy, so expect to wait, and for quite some time on a weekend evening. The space is intimate to say the least, meaning a great-deal of punters are forced to stand around strategically placed barrels in order to enjoy their food, but the buzzy atmosphere and friendly staff help to ease proceedings.

Pizarro has a short printed menu with everything you'd expect – Padrón peppers, boquerones, jamón Ibérico, patatas bravas – but it's much more about being a 'market restaurant', making the most of whatever looks good that day. Razor clams with chorizo, squid with allioli and salad, prawns with chilli and garlic, and clams with fino sherry and bacon were all outstandingly fresh and brimming with interesting flavours.

As a bar, José inevitably puts a lot of effort into the drinks offering. Bar staff are happy to match one of their many international wines with your food to enhance the flavour combinations, while a special mention must go out to their wonderful selection of sherries.

José | 104 Bermondsey St, London SE1 3UB | josetapasbar.com | T: @Jose_bermondsey



LIMA FLORAL

Lima London is one of the more unassuming Michelin-starred restaurants. There isn't much glitz here; all the eggs have been put in the 'quality food' basket. The restaurant features an open kitchen separating a bar with a high table at the front from an elegant rear dining area.

Pisco sours are exemplary here. From tiraditos, ceviches and mashed potato-based causas, the ceviche stole the show. An interestingly-flavoured assembly of sea bream, tiger's milk, sweet potato, red onion and cancha corn, this dish was presented so wonderfully it took us a few minutes to dare to even touch it. As a main event, beef pachamanca was stand-out. Rich, striking and wonderfully Peruvian, it's a must. A dessert of **alfajores**, **dulce de leche** ice cream and **chancaca** honey was as artistic in its presentation as the ceviche we commenced with, its myriad flavours providing a controlled sweetness to round off a quite brilliant meal.

Waiting staff were extremely adept at eloquently explaining the menu in a manner that made it less intimidating. There's a reason Lima stands out from the crowd. Presentation, flavour and a genuine je ne sais quoi are all there in abundance. That Michelin star is fully-deserved.

31 Rathbone Place, London W1T 1JH | 020 3002 2640 | limalondon.com | T: Lima_London | FB: limarestaurant



MORADA BRINDISA ASADOR

Morada Brindisa Asador, a part of the Brindisa Tapas Kitchens, opened its doors to tapas enthusiasts early this March. Brindisa, meaning 'raise your glass in celebration', has built itself a name in the retail industry for sourcing authentic Spanish ingredients. The restaurant revolves around the Castilian tradition of roasting suckling pigs and lamb in a vast wood-fired oven, known in Spain as an 'asador' – hence the venue name.

Morada's dominating 360-degree bar, where dishes are both prepared and served for a casual, laid-back dining experience, mirrors the bustling, vibrant surrounding streets of Chinatown and Piccadilly.

The menu is largely focussed around items cooked over charcoal – well-balanced between meat, seafood and vegetables; perhaps grilled, roasted, stewed or braised. Expect a refined range of plates, from flame-grilled vegetable salads to Segovian roast suckling pig – all homely and extravagant in equal measure. Wrinkled potatoes with **mojo picon** salsa; slow-cooked gazpachos manchegos (a traditional game stew with unleavened tortilla); and Castilian roasted milk-fed lamb are just a few of the traditional, tempting dishes on the menu.

18-20 Rupert Street, London W1D 6DE | brindisatapaskitchens.com | T: @Brindisa | FB: Brindisa

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To celebrate Radnor Hill's 25th anniversary, Heartsease Farm is going on the road offering tasters to thirsty and curious visitors at over twenty nationwide food and drink events; including BBC Good Food Show Summer, Taste of London, Foodies Festivals, The Big Festival, CarFest, and the Royal Welsh Show. 🇬🇧

WHERE THE HEART IS

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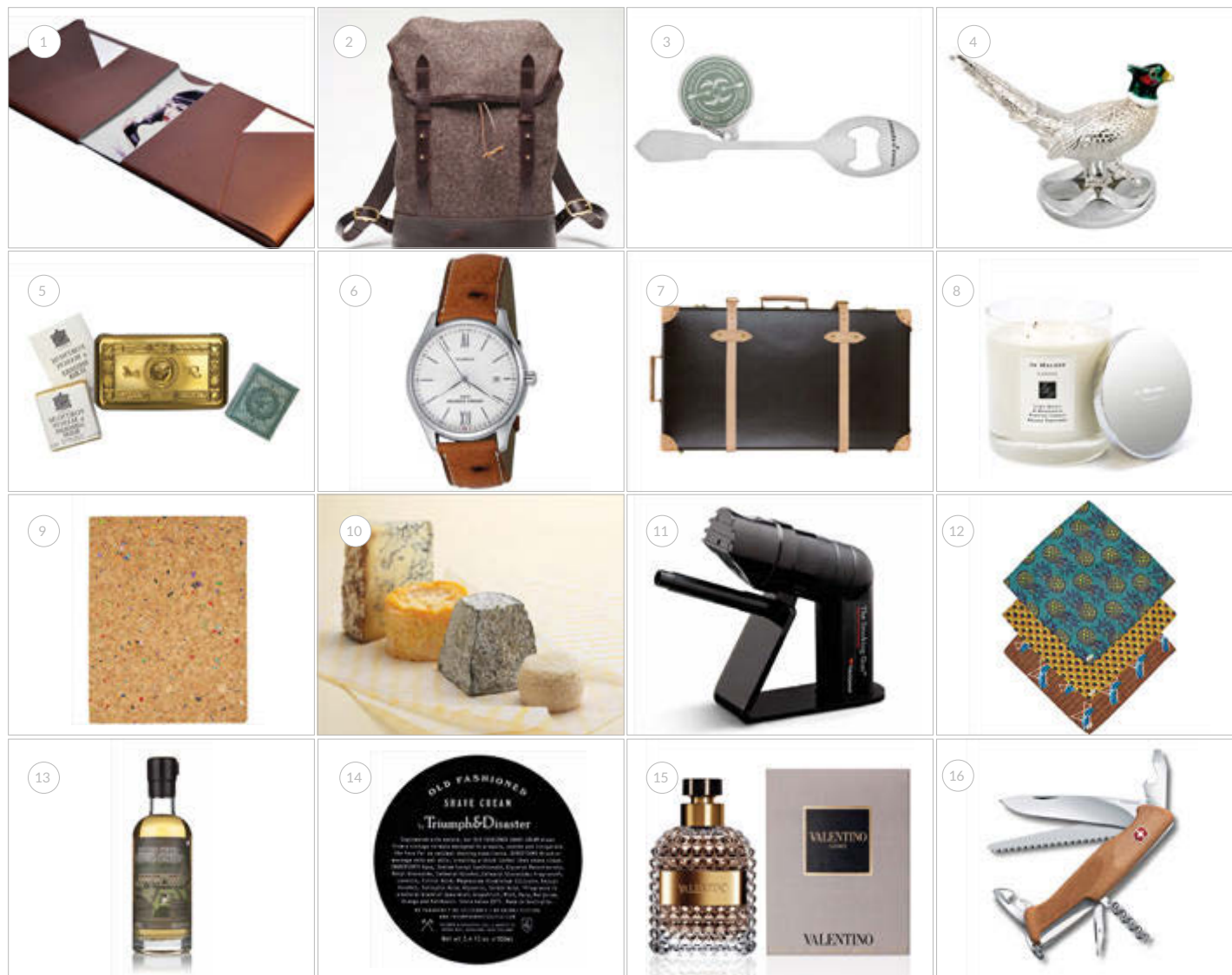


WHERE TO MEET THE MAKERS THIS SUMMER:

- BBC Good Food Show Summer
- Foodies Festivals
- The Big Festival
- Royal Welsh Show
- Taste of London
- CarFest

THE COLLECTION

FATHER'S DAY GIFTS

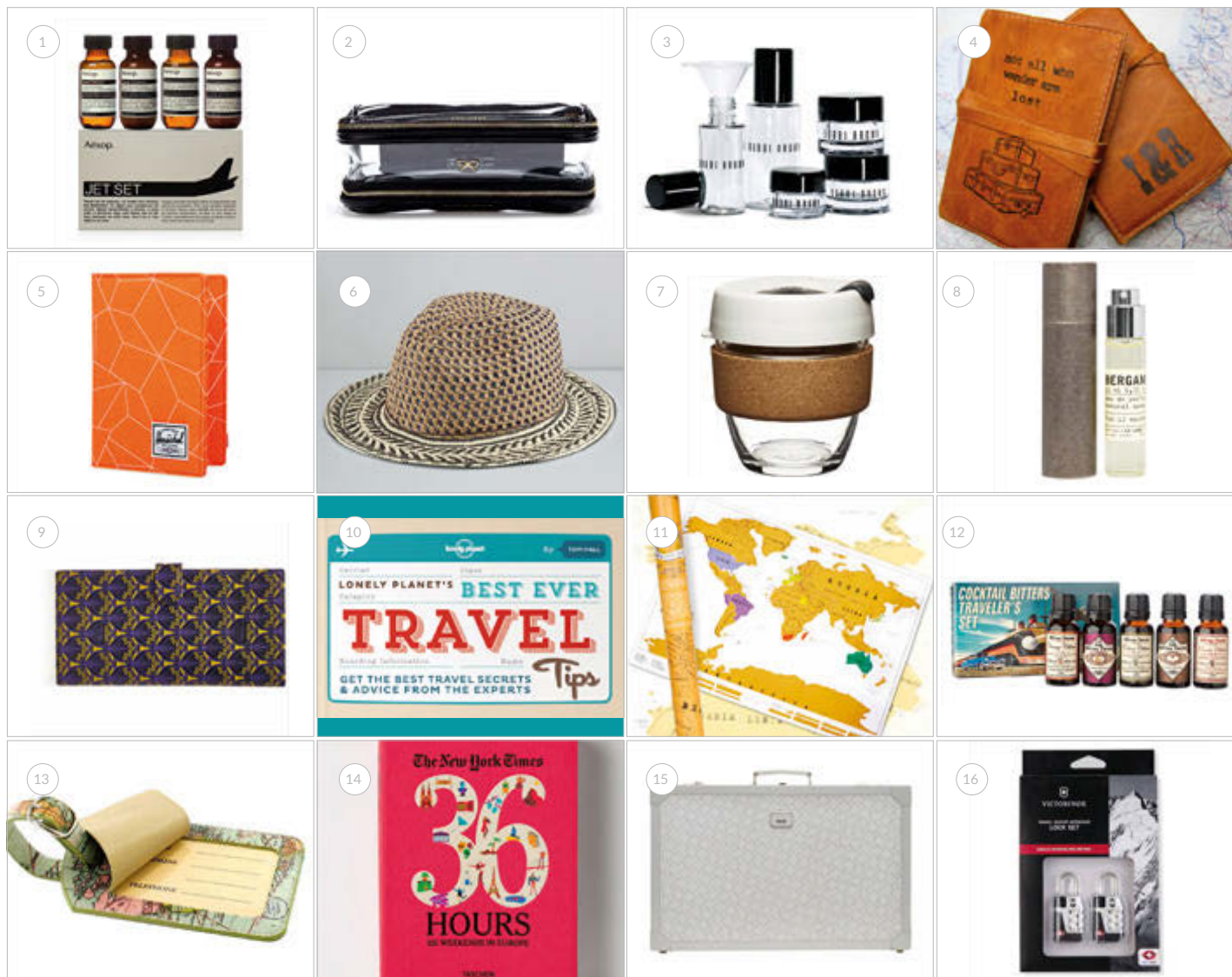


1. Bond & Knight Glance Pin-up vintage-style leather wallet | £68 | notonthehighstreet.com
2. Cherchbi Black Sail rucksack, Herdwick | £475 | cherchbi.co.uk
3. Cutlery Commission Silver-plated 'Cheers M'Dears' bottle opener | £20.50 | johnlewis.com
4. Deakin & Francis Duck & Pheasant cufflinks | £245 | deakinandfrancis.co.uk
5. Fortnum & Mason Tommy's Tin with miniature playing card deck and chocolate | £20 | fortnumandmason.com

6. Frédérique Constant FC303WN5B6OS Classics index stainless steel and leather watch | £840 | selfridges.com
7. Globetrotter Safari wheeled suitcase | £1,290 | harrods.com
8. Jo Malone Lime, Basil & Mandarin luxury candle | £280 | selfridges.com
9. Nomess Multi-coloured B5 cork sketchbook | £19.95 | liberty.co.uk
10. Paxton & Whitfield Cheese Society twelve-month membership | £420 | paxtonandwhitfield.co.uk

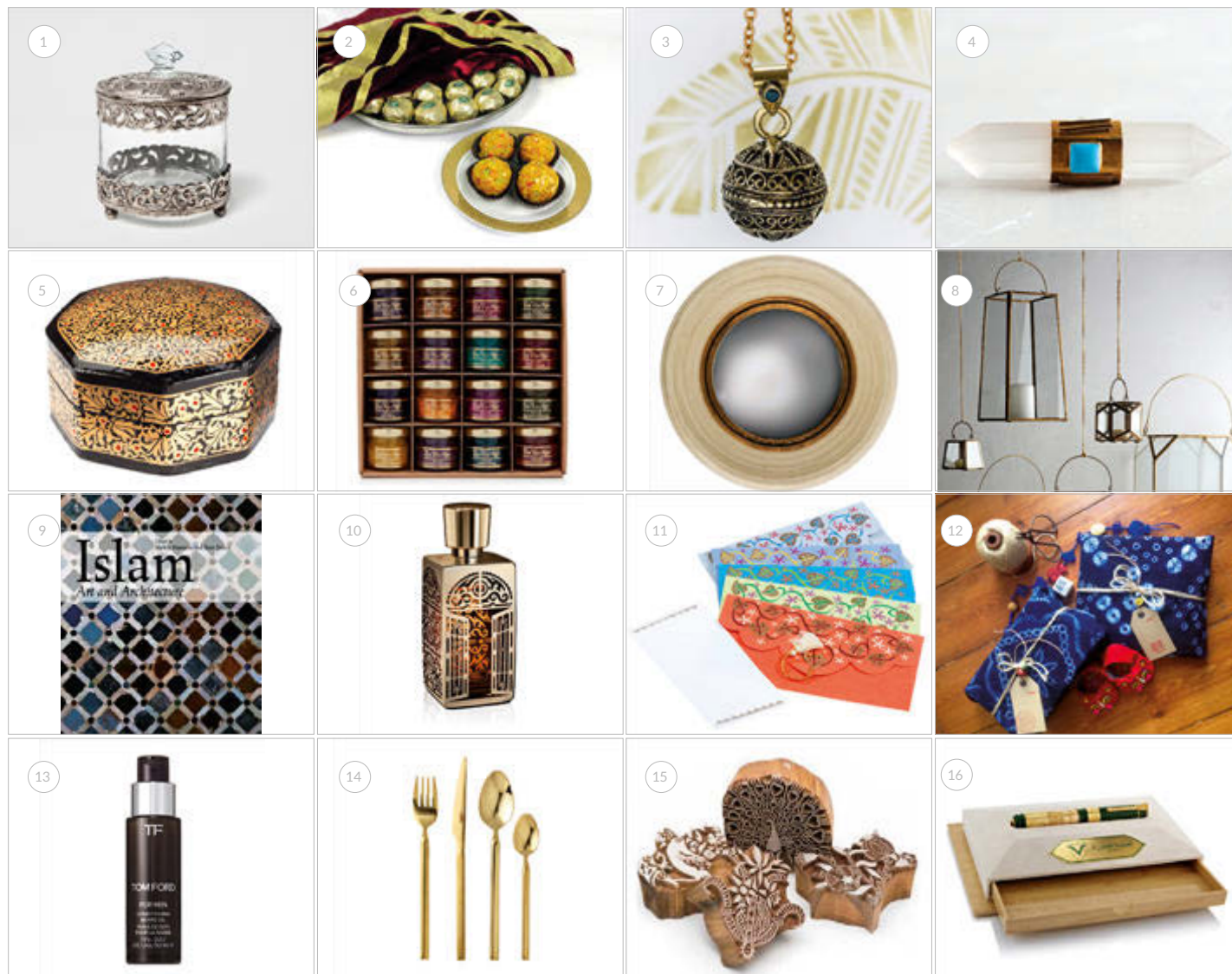
11. Polyscience Smoking gun | £59.95 | steamer.co.uk
12. Scotch & Soda Pineapple-print pocket square trio | £34.95 | johnlewis.com
13. That Boutique-y Whisky Company Glenrothes - Batch 1 | £73.95 | masterofmalt.com
14. Triumph & Disaster Old-fashioned shave cream | £19.50 | selfridges.com
15. Valentino Uomo Eau de toilette | £64.50 | debenhams.com
16. Victorinox RangerWood55 Large pocket knife | £67.80 | victorinox.com

THE COLLECTION HOLIDAYS



1. Aesop Jet Set travel collection | £27 | harrods.com
2. Anya Hindmarch In-flight travel case | £150 | anyahindmarch.com
3. Bobby Brown Empties set | £11 | harrods.com
4. Bobby Rocks Old Suitcase print travel journal | £34.50 | notonthehighstreet.com
5. Herschel Supply Company Raynor passport cover | £25 | selfridges.com
6. Houston contrast fedora | £48 | anthropologie.eu
7. Keepcup Small reusable coffee cup | £22 | selfridges.com
8. Le Labo Bergamot travel tube | £95 | liberty.co.uk
9. Lonely Planet 'Best Ever Travel Tips' | £4.99 | lonelyplanet.co.uk
10. Liberty London travel wallet | £195 | liberty.co.uk
11. My Scratch Map | £14.99 | firebox.com
12. The Bitter Truth Cocktail Bitters Travellers' Set | £22.99 | selfridges.com
13. The Little Boys' Room World map luggage tags | £11.95 | notonthehighstreet.com
14. The New York Times '36 Hours: 150 Weekends in Europe' | £24.99 | anthropologie.eu
15. Tumi Medium trunk | £5,645 | harrods.com
16. Victorinox Travel Sentry-approved padlocks | £30 | selfridges.com

THE COLLECTION EID



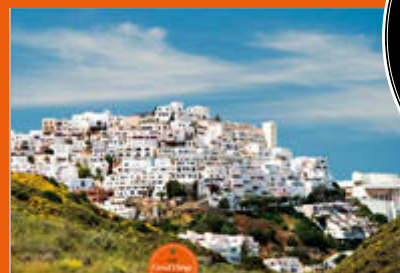
1. Aged-effect decorative jar | £19.99 | zarahome.com
2. Ambala Gold-wrapped special laddoo platter | from £65.75 | ambalafoods.com
3. Charlotte's Web Gemstone orb necklace | £24 | notonthehighstreet.com
4. Crystal Bar door knob | £16 | anthropologie.eu
5. Daria papier mache octagonal box | £11.50 | indijane.co.uk
6. Easy Tasty Magic Alchemic Larder | £36 | harveynichols.com
7. Fitzroy convex mirror | £215 | indijane.co.uk
8. Geo glow lanterns | £8 - £35 | anthropologie.eu
9. 'Islam: Art & Architecture' by Hattstein and Delius | £39.99 | vandashop.com
10. Lancôme Oud Bouquet | £140 | harrods.com
11. Paper Haveli Gold leaf and contrast gift envelopes | £8.50 for 5 | notonthehighstreet.com
12. Paper Haveli Indigo cloth wrapping set | £10.75 | notonthehighstreet.com
13. Tom Ford Oud Wood conditioning beard oil | £40 | harrods.com
14. Tvis 16-piece rose gold cutlery set | £376.80 | brostecopenhagen.com
15. V&A Large wooden print block | £8 | vandashop.com
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